Spirulina Algae Bio 150 g Doypack Superfoods Drasanvi

SKU: 032010030 **EAN13:** 8436044516115

Description

Spirulina is a type of algae that is fast becoming one of the most fashionable food supplements, although it dates back to the Aztecs. It is **rich in proteins (more than 50% of its composition**), which provide **eight essential amino acids of the type that the body cannot synthesise.** Its unique composition has inspired the UN to declare Spirulina algae as **"Basic food for cases of malnutrition".**

Ingredients

Organic Spirulina powder *Arthorospira platensis* 10 g

Directions

Add a dessert tablespoon to your smoothies and milkshakes, juices, vegetable drinks, green sauces, vegetable cream, or any recipe. Add it once the dish is tempered. 1 dessert tablespoon = around 5 grams

Presentation

Contains 150 g (5.29 oz)

Warnings

Store in a cool, dry place.

Additional Information

Organic certification

We meet the highest quality standards during the collection and processing of the spirulina we use, which has led it to become a certified organic product.

Rich in iron

Spirulina is a rich source of iron. Iron is an essential mineral for the human body and has a number of important functions, including the creation of healthy red blood cells and haemoglobin as well as the effective transportation of oxygen around the body.

Rich in proteins

Spirulina is a type of algae rich in proteins. Proteins make up part of a number of structures in the body, including muscles.

Nutrition Facts

Per 100 g

Ingredients	Percentage	Quantity/100 g
Energetic Value		1370 kJ / 326 Kcal
Fats	5,9%	5,9 g
of which are saturated fat	3,42%	3,42 g
Omega 6 (linoleic acid)	0,94%	0,94 g
Carbohydrates	12%	12 g
of which are sugars	0,53%	0,53 g
Fibre	7%	7 g
Proteins	64,2%	64,2 g

Per daily dose (10 g per day)

Ingredients	% NRV	Quantity
Vitamin B6	131%	1,84 mg
Vitamin B12	64%	1,6 µg
Vitamin B2	49%	0,69 mg
Vitamin B1	40%	0,44 mg
Iron	59%	8,27 mg

% NRV (Nutrient Reference Value)

Allergen Information

Sulphides,

Certifications