



NATURE'S SUNSHINE

Spirulina

Kosher

Halal

Non-GMO

Gluten Free

GOOD FOR

Blood

Digestive System

Immune System

SIZE **100 Capsules**

ITEM # **681**

SERVING **2**

SUPPLY **16 days**

DIRECTIONS FOR USE Take 2 capsules with a meal three times daily.

— How the Key Ingredients Work

Spirulina is a tiny blue-green algae that packs a remarkable range of nutrients into every serving. From everyday energy to immune balance, it quietly supports several key areas of your health all at once.

Spirulina – Respiratory & Seasonal Allergy Support —

Spirulina helps keep your immune system balanced so it doesn't overreact to everyday triggers like pollen or dust. In a 12-week clinical trial, spirulina supplementation significantly lowered levels of a key immune messenger linked to allergic reactions, helping people breathe easier through allergy season.

Spirulina – Healthy Red Blood Cell Production — Spirulina is naturally rich in iron and B vitamins — two nutrients your body relies on to make healthy red blood cells. Multiple clinical studies, including trials in elderly adults and children, show that regular spirulina use can improve hemoglobin levels, supporting healthy oxygen delivery throughout the body.

Spirulina – Antioxidant Defense — Every day your body faces oxidative stress from pollution, processed food, and normal metabolism. Spirulina's signature blue pigment, phycocyanin, is a powerful free-radical fighter. Human studies confirm spirulina boosts the body's own antioxidant activity and measurably reduces markers of cellular damage in the bloodstream.

Spirulina – Appetite & Weight Management Support — Trying to eat a little less without feeling deprived? Spirulina may help. A double-blind study in 52 overweight adults found that 12 weeks of spirulina supplementation significantly reduced appetite scores and food intake. A broader meta-analysis of multiple trials backs up these appetite-calming results.

Spirulina – Rich Whole-Food Nutrition — Spirulina is often called nature's most nutrient-dense food for good reason. It delivers protein, iron, B vitamins, and protective plant pigments in a single, easy-to-take source. Because it comes from a whole food rather than isolated compounds, these nutrients arrive alongside natural cofactors that help your body put them to use.

Spirulina – Immune System Balance — Rather than simply stimulating the immune system, spirulina appears to help it find its balance — calming overactive responses while still supporting normal immune function. Clinical research shows it can reduce levels of immune messengers associated with allergic and inflammatory reactions, making it a gentle everyday ally for immune health.

Spirulina – Natural Iron Source for Energy — Fatigue is one of the first signs that your iron levels are slipping. Spirulina provides a plant-based source of iron alongside the B vitamins needed to actually use it, helping your body maintain the healthy hemoglobin levels that keep your energy steady and your mind clear throughout the day.

Spirulina – Cellular Protection from Oxidative Damage — Spirulina has been shown in human intervention studies to raise the activity of the body's own protective antioxidant systems and lower measurable signs of lipid peroxidation — a process where unstable molecules damage cell membranes. Supporting this defense network is one of the most fundamental things you can do for long-term wellness.

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