Nutritional Value of Spirulina

- Medicine food
- Protein and fiber
- Major essential amino acids
- Vitamins such as B family
- Minerals such as iron and zinc
- Necessary and rare fatty acids such as GLA and Omega-3
- Chlorophyll or herbal hemoglobin (green blood)
- Antioxidant compounds such as beta carotene, phycocyanin, zeaxanthin
- Spirulina Growth Factor (SGF)

References:

1) PDR® for Nutritional Supplements. 2nd Edition, p589-591
2) The Review of Natural Products : Fact and comparison. 2005, p1075-1080
5) Natural medicines comprehensive database : therapeutic research faculty. 2009, p242-244