

# Nutritional Properties of Microscopic Marine Algae

## Alanine

- Activates muscles
- immune system booster

## Arginine

- new muscle builder
- supports immune system
- Detoxifies the liver

## Asparagine

- Immune system booster
- brain energizer

## Aspartic Acid

- assists making healthy DNA
- Immune system booster

## Betacarotene

- Immune system booster
- Defends against free radical attack
- Aids digestion
- Vision enhancement
- cornea protector

## Bioflavonoids

- immune system booster
- Removes toxins from skin cells

## Biotin

- promotes healthier-looking hair

## Boron

- promotes stronger bones
- improves mental clarity
- assists with unclogging arteries

## Calcium

- promotes stronger bones
- Calms nerves
- improves cholesterol levels

## Chlorophyll

- Promotes bowel regularity
- Cleanses interstitial tissues

## Chromium

- Moderates existent diabetes
- Prevents adult-onset diabetes

## Cobalt

- Repairs nerve cells
- Helps produce red blood cells

## Copper

- Eases Arthritis
- Helps produce red blood cells

## Cysteine

- Detoxifies carcinogens

## Essential Fatty Acids

- Reduces cardiovascular disease

## Electrolytes

- Helps kidneys regain optimum function

## Fiber

- Eliminates toxic wastes

## Fluorine

- Fights tooth decay
- improves bone density

## Folic Acid

- increases mental focus
- Prevents anemia

## Germanium

- Helps control Epstein-Barr virus

## Gamma Linolenic Acid

- lowers cholesterol

## Glutamic Acid

- Reduces alcohol/sugar craving

## Glutamine

- increases mental focus

## Glutathione

- defends against free radical attacks

## Glycine

- Calms nervous system

## Glycogen

- Boosts physical stamina

## Histidine

- Enhances nutrient absorption
- Removes toxic metals

## Iodine

- assists with maintaining regulating body weight

## Iron

- decreases anemia
- increase emotional health
- increase physical energy

## Isoleucine

- Build muscle
- Helps repair the liver

## Lecithin

- Dissolves cholesterol deposits
- Improves short-term memory

## Leucine

- Reduces Hypoglycemic symptoms

## Linoleic Acid

- Combats viral infections

## Lysine

- Helps prevent osteoporosis

## Magnesium

- Promotes tranquility
- Moderates mood swings
- Reduces migraine headaches

## Manganese

- Assists joint mobility

## Methionine

- Enhances memory
- Mood elevator
- Removes heavy metals

## Molybdenum

- Increases longevity

## Niacin (Vitamin B3)

- Stress reducer
- Lowers cholesterol assists in reversing atherosclerosis

## Nickel

- Promotes cellular growth and reproduction

## Nucleic Acids

- Memory enhancement

## Omega-3 Fatty Acids

- increases cell membrane flexibility
- cholesterol dissolving properties
- reduces cardiovascular diseases

## Omega - 6 Fatty Acids

- Relieves arthritis symptoms
- skin tone improvement
- reduces cardiovascular disease

## Pantothenic Acid

## (Vitamin B5)

- reduces morning pain caused by arthritis
- reduces toxicity from alcohol
- defender against free radicals

## Phenylalanine

- improves mental clarity
- sugar cravings reducer

## Phosphorous

- assists with healthy teeth
- increases bone fracture repair

## Potassium

- hypertension reducer
- blood pressure control

## Proline

- increases learning ability
- assists repairing torn cartilage

## Pyridoxine (Vitamin B6)

- Immune system booster
- relieves PMS

## Riboflavin

- boosts physical energy
- defends free radical attacks
- reduces eye fatigue

## RNA

- improves mental focus

## Selenium

- strengthens immune system
- relieves anxiety

## Serine

- enhances skin beauty

## Silicon

- skin tightening

## Sodium

- assists preventing sunstroke

## Superoxide Dismutase

- assists in preventing free radical activity

## Substance P

- increases mental focus

## Thiamine (Vitamin B1)

- increases energy
- improves mental attitude
- tension reliever

## Theonine

- immune system enhancer
- ameliorates skin tone

## Tyrosine

- improves emotional health
- enhances mental alertness
- increases memory ability

## Valine

- promotes muscle tissue building

## Vanadium

- assists in controlling blood sugar levels

## Vitamin B12

- increases physical energy
- enhances mental focus
- assists with nervous system repair

## Vitamin C

- promotes healthier gums
- reduces risk of cancer
- reduces duration of common cold

## Vitamin E

- immune system booster
- promotes healthy nerve tissue

## Zinc

- supports prostate health
- strengthens immune system
- reduces outbreaks of acne
- increase memory access
- reduces common cold symptoms