

## **ENERGYbits® are a Natural Solution that helps Prevent Fatigue, Reduce Blood Pressure and Balance Blood Sugar**

### **PREVENTS FATIGUE:**

ENERGYbits are 100% organically grown spirulina algae and help reduce fatigue due to many vitamins, minerals and nutrients it contains, a few are as follows:

1. They have the highest concentration of protein in the world and three times that of steak. Protein converts to glucose. And glucose provides energy. More protein = more glucose = more energy.
2. Spirulina protein is in the form of unstructured amino acids, thus allowing it to be fully absorbed – instantly so it is an efficient source of protein and energy. This contrasts with animal protein, which takes up to 3 days to be broken down into amino acids and absorbed. It is thus a very inefficient source of energy.
3. Spirulina is considered a complete protein (ie it contains all the amino acids that the body cannot make). A few of these amino acids help in preventing fatigue:
  - 1) Leucine – increases muscular energy levels
  - 2) Phenylalanine – stimulates metabolic rate
  - 3) Tryptohane - Increases utilization of B vitamins such as B3 which helps convert glucose to energy
  - 4) Valine - stimulates muscle co-ordination to prevent fatigue
  - 5) Aspartic Acid – transforms carbohydrates into cellular energy
  - 6) Glutamic Acid – is one of the principal fuels for the brain cells
4. Protein converts to glucose (fuel for muscles) slowly so there is no spike in insulin, just steady energy, (unlike carbs and sugars which convert rapidly and spike insulin). Spikes cause wasted energy.
5. The steady conversion of protein also prevents any crash as you would find with caffeine or sugar or any processed proteins. Crashes also cause wasted energy as the body tries to recover
6. Vitamin B3 – helps glucose to be converted to energy quickly, again with no insulin spike.
7. Vitamin B6 helps the breakdown and assimilation of protein so the protein converts more easily to glucose, for energy
8. Folic Acid - facilitates hemoglobin formation in red blood cells. Hemoglobin allows oxygen to be carried in the blood to the brain and muscles and prevents fatigue,
9. Iron – prevents fatigue and anemia (a problem with endurance athletes). It is the iron in your blood

that transports oxygen. You need oxygen carried to your muscles, organs and brain to prevent fatigue. Spirulina contains 48 x more iron than spinach. Equally important, the iron in spirulina is “chelated” ie it is attached to the amino acids, so it is immediately and easily absorbed.

10. Chlorophyll - converts to hemoglobin and carries oxygen into your body which helps prevent muscles and the brain from fatiguing. Chlorophyll also dilates the blood vessels, which increases blood flow, which further reduces fatigue. It also facilitates the healthy and rapid regeneration of cells

11. Nitric oxide - allows blood vessels to open so that blood can flow easily and quickly. This allows oxygen and critical nutrients to rapidly reach the brain and muscles and thus prevent fatigue.

12. Calcium - is critical for neural transmissions to the muscles to prevent fatigue

13. Vitamin E - facilitates the oxygenation of cells and thus prevents fatigue

## **REDUCES BLOOD PRESSURE:**

1, Omega 3 and other Essential Fatty Acids such as GLA have been recognized as the PRIMARY way to prevent heart disease and to reduce blood pressure. This is because Essential Fatty Acids (EFA's) reduce inflammation throughout the body – including in the blood vessels. It is INFLAMMATION of the blood vessels that cause high blood pressure because the blood vessels are “swollen” on the inside and when cholesterol passes through these “swollen” areas, it gets stuck and can lead to a heart attack or stroke. However it is critical to understand that it is NOT the cholesterol that causes the heart attack or the high blood pressure. It is the inflammation. The ONLY guaranteed way to reduce blood pressure is to increase dietary intake of Essential Fatty Acids. Spirulina has the second highest concentration of the Essential Fatty Acid called GLA as well as Omega 3. These two results in lowering of blood pressure naturally – and usually within one week.

2, Nitric oxide in spirulina helps open blood vessels and further reduces blood pressure.

## **BALANCES BLOOD SUGAR**

Blood sugar spikes when refined carbohydrates are broken down quickly to glucose and the body releases insulin to remove it quickly from the blood stream. This causes a roller coaster affect of a rush of energy followed by a crash and is not only dangerous but will lead to inflammation of the cells and can lead to diabetes. The key to maintaining blood sugar is to eat foods that DO NOT break down rapidly to glucose. There are three types of foods that break down slowly: 1) fats 2) protein and 3) complex carbohydrates (eg vegetables).

1, Spirulina has the highest concentration of protein in the world and thus has the most stabilizing affect on blood sugar. Spirulina is 64% PROTEIN. This high concentration of protein is slowly and steadily converted to glucose and thus does not result in any spike of insulin. In fact, it balances blood sugar.

2, Spirulina also has a high concentration of Essential Fatty Acids, especially GLA (which reduces inflammation and reduces blood pressure). The presence of these healthy fats further slows the conversion of the protein in algae, which also explains why it balances blood sugar. There is a VERY small amount of carbohydrate in spirulina and it is in the form of complex carbs, which further balances blood sugar.

3, Spirulina contains high amounts of the mineral Cystine which stabilizes blood sugar

4, Spirulina contains high amounts of the mineral Manganese which helps stabilize blood sugar

5. Spirulina contains Thiamin (B1) helps with the efficient breakdown of dietary carbohydrate and maintains balanced amounts of glucose in the blood – which balances blood sugar

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*Disclaimer: The information contained here is for educational purposes only and is not recommended as a means of diagnosing or treating an illness.*

♥ Would you like to feel better AND feel more confident about the food you are eating? If so, **please** consider adding algae to your diet. To learn more or to purchase yours, please visit us at any of our websites below. Thank you.

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