

Spirulina Wiki - Blue Green Algae Supplement Review Site Launched

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Spirulina Wiki, a brand new website that houses reviews for products based on spirulina, a natural food supplement, has launched. The website contains reviews for multiple spirulina products, such as those offered by the brand E3Live. The website also contains knowledge articles to educate those who are unaware of spirulina and its many health benefits.

Spirulina is a type of cyanobacteria that is commonly known as blue-green algae. They are found in both freshwater and saltwater. Historical records show that it was consumed by the Aztecs for its metabolic and vitality properties. It is packed with nutrients and has thus become one of the world?s most popular supplements. The primary ingredient is called phycocyanin which gives the algae its blue-green color.

Spirulina was brought into worldwide public consciousness when it was chosen by NASA to be grown in space to nourish the astronauts. Arguably, compared to other so-called superfoods, it has been claimed that spirulina may be one of the most nutritious foods on earth. The protein in spirulina is considered to be

comparable to eggs since it gives you all the amino acids you need. It has been pushed as a supplement for people who are focused on bodybuilding.

Spirulina is also very rich in vitamin B1, B2, B3, copper, and iron. It contains adequate amounts of magnesium, potassium, and manganese. Spirulina is also a great source of antioxidants and anti-inflammatory compounds. This helps reverse oxidative damage. Oxidative damage can drive chronic inflammation that can lead to cancer and other diseases.

Spirulina reduces bad cholesterol levels (LDL) while raising good cholesterol levels (HDL). It has improved cholesterol levels in people suffering from type 2 diabetes. If bad cholesterol gets oxidized then it can lead to a phenomenon called lipid peroxidation. This phenomenon is a key cause of many serious diseases including heart disease. Due to spirulina?s antioxidant properties, it is effective at reducing lipid peroxidation.

Spirulina has been shown to be effective for nose health as it improves symptoms of allergic rhinitis which is inflammation in the nasal passageways. It has also been shown to prevent the onset of anemia which is fairly common in older adults. Anemia can lead to feelings of fatigue and weakness. Spirulina supplements improve muscle strength and endurance due to the presence of high-quality protein and its antioxidant properties. Spirulina is also recommended for people with diabetes as it assists in blood sugar control.

Many of the blue green algae supplement reviews on the website are focused on the brand E3Live. The website, so far, has reviewed products such as E3Live Blue Majik, E3Live Brain ON, and the E3Live AFA. All the products are made from spirulina sourced from blue-green algae from the Upper Klamath Lake of Oregon. The lake is free of heavy metals, pesticides, herbicides, insecticides and fungicides, and of adverse bacteria. The resultant products are also 100% certified organic, vegan, Non-GMO, preservatives-free, and gluten-free. The products are available in the form of powder, capsule, or on-the-go singles. The website shares recipes such as smoothies, sorbets, and pesto as a way to spark the imagination of potential buyers about different ways to incorporate it into their diets.

Julienne F. Kurtz, a spokesperson for the website, says, ?We are confident in the nutritional value of spirulina. Our mission is to educate those who are unaware of its many benefits. The products we choose to review are carefully vetted based on quality and customer feedback. We want to put the best foot forward by providing the most accurate information on effective products and the latest spirulina algae news. We want to build a relationship with our readers based on trust. Our confidence in this miracle superfood drives us to do our best with every product review.?

The website also features reviews from existing users of spirulina. In one such review of the E3Live AFA

product, Annette says, ?I have recommended E3 AFA to many of my friends. In addition, I seem to get less viruses while taking E3 AFA. When people around me get ill ? I seem to be less likely to catch something. I showed the literature to my family doctor and got his ?seal of approval'. I now take 4 capsules a day.?

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For more information about Spirulina Wiki, contact the company here:Spirulina WikiJulienne F. Kurtz(215) 999-3191437 Monroe StPhiladelphia, PA 19147

Spirulina Wiki

A team of dedicated researchers who are always on the look out for the latest, most effective, and top of the line blue-green algae supplement products available on the market today.

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