

Arulina-500

Spirulina

COMPOSITION

Arulina-500 Capsule: Each capsule contains Spirulina 500 mg.

PHARMACOLOGY

Spirulina is a blue-green algae that provides comprehensive, high-quality nutrition. With over 100 nutrients, Spirulina is often described as the most complete food source in the world. Spirulina contains vegetable protein (60-70%, 3-4 times higher than fish or beef), multivitamins (Vitamin A, Vitamin C, Vitamin D, Vitamin E, Vitamin K) including Vitamin B complex (Vitamin B₁₂ is 3-4 times higher than animal liver). It contains a wide range of minerals (Iron, Boron, Chromium, Copper, Iodine, Selenium, Zinc, Potassium, Magnesium, Sodium, Phosphorus, Calcium etc.), a high volume of beta-carotene which protects cells from toxins (5 times more than carrots, 40 times more than spinach), a high volume of gamma-linolenic acid (which reduces cholesterol and prevents heart disease), antioxidant (Phycocyanin), superoxide dismutase and supplies many nutrients that are inadequate in most people's diets.

INDICATIONS

- Malnutrition
- Immune deficiency
- Anemia
- Hypertension
- High cholesterol level
- Hepatotoxicity
- Allergic rhinitis
- Diabetes
- Asthma
- Arthritis

DOSAGE & ADMINISTRATION

4-6 Arulina-500 Capsules daily or as directed by the physician.

Use in Children & Adolescents: Children of all ages can be given 4 capsules of Arulina-500 per day. Start with a low dose - 1 capsule and gradually increase until the optimal daily amount is found.

CONTRA-INDICATION

Spirulina is contra-indicated in those who are hypersensitive to any component of a Spirulina containing supplement.

WARNING & PRECAUTION

Consult your doctor before taking Spirulina if you have multiple sclerosis.

SIDE EFFECTS

Occasional gastrointestinal symptoms, such as nausea, have been reported. Also, there are a few reports of allergic reactions to Spirulina.

USE IN PREGNANCY & LACTATION

Before taking Spirulina, pregnant or breast-feeding women should talk to the physician.

DRUG INTERACTION

There are no reports suggesting that Spirulina interacts with any conventional medications.

OVERDOSE

Taking very large quantities may cause acidity, upset stomach and diarrhoea.

STORAGE

Store below 30°C, keep in dry place & protect from light. Keep out of the reach of children.

PACKING

Arulina-500 Capsule: Each box contains 30 capsules in Alu-Alu blister pack.