Cost:

Average monthly cost for 2g of organic Spirulina is $6 with an average 14% LDL reduction.

Average monthly cost for moderate-intensity statin is $197 with an average 34% LDL cholesterol reduction.

Is it right for me?

Spirulina is a safe & effective way to lower total and LDL cholesterol in non-diabetic men with mildly high cholesterol levels.

Always include a healthy lifestyle:
Quit smoking. Eat healthy. Exercise 30 min/day. Manage stress.

Safety:
Clinical evidence supports using non-contaminated, non-toxic *Spirulina platensis* or *Spirulina maxima* orally and appropriately is safe & well tolerated by humans. Purchasing from trusted brand limits contamination (microcystins) and absorption of heavy metals from water source.

Side Effects:
diarrhea, bloating, upset stomach, flatulence, and edema

UNSAFE for children & pregnant or breastfeeding women

Do NOT use Spirulina if you have:
Phenylketonuria (PKU)
A bleeding disorder
Gastrointestinal condition
Diabetes, Allergy to blue-green algae
Musculoskeletal or neurologic disease
Autoimmune disease
ADHD

Or have been prescribed a high-intensity statin

Have mildly high cholesterol?
33% of American men do!

Is the statin you are taking is the best option?
Several studies have shown Spirulina platensis & maxima can effectively reduce total and LDL cholesterol in non-diabetic adults. Total cholesterol reduction up to 12%/17% and LDL cholesterol up to 20%/22% respectively.

**Common Uses:**
- Lower LDL cholesterol
- Prevent heart disease
- Weight loss
- Boost immune system
- Reduce allergies

**Rich source of nutrients:**
- Contains up to 70% protein
- B-complex vitamins
- More beta-carotene than carrots
- Vitamin E
- Phycocyanin, Chlorophyll
- Numerous minerals

Naturally found in the warm, Alkaline waters of the world.

*Origins include addition to diets of the Aztecs in Mexico*

Most commercial Spirulina products sold in the US are grown in labs.

**Spirulina may be a better and more natural alternative**

**Downsides of statins:**
- Muscle and joint aches
- Possible liver & kidney damage
- Nausea, diarrhea & constipation
- Increased blood sugar or type 2 diabetes
- Neurological side effects
- Usually taken for the rest of your life

Commercial Products:
- *Spirulina platensis* – tablet, capsule or powder form (California)
- *Spirulina maxima* – powder form (Mexico)

Spirulina can be contaminated with heavy metals. The cleanest sources are from Hawaii.

**WHAT IS THAT GREEN STUFF?**

*Spirulina – “blue-green algae”*

Generally Recognized as a Safe (GRAS) by the FDA for up to 250mg/serving.

As a cholesterol-reducing supplement, studies have shown:

- *Spirulina platensis* is safe and effective – 2g/day for up to 2 months
- *Spirulina maxima* is safe and effective – 4.5g/day for up to 3 months

Never stop taking any prescribed medications such as statins without talking to your doctor.