

Key Differences Between Spirulina and Chlorella Algae



Feature	Spirulina	Chlorella
Brand Name	ENERGYbits® and BEAUTYbits® (VITALITYbits® 50% Spirulina)	RECOVERYbits® (VITALITYbits® 50% Chlorella)
Type of algae	Blue-green algae	Green algae
How grown?	Our spirulina is grown in triple filtered spring mountain water	Our chlorella is grown in triple filtered spring mountain water
Primary pigment	Blue Pigment- phycocyanin Green Pigment- chlorophyll	Green Pigment- chlorophyll
Progeny	4 billion years old -first life on earth	3 billion years old -second life on earth
Top Nutritional Feature	Highest protein in the world 3 x more protein than steak	Highest chlorophyll in world 200 x more chlorophyll than spinach
Top Health Benefit	Energy, Focus, Hunger, Fills Nutrition Gaps	Improves Health, Builds Immune System, Removes Toxins
Top Immune Benefit	Helps immune system STOP coronavirus. Blue pigment phycocyanin proven to stop viruses BEFORE they enter cells	Helps immune system KILL coronavirus. Chlorophyll proven to create B-cells & T-cells that kill viruses AFTER they enter cells
Endorsement	United Nations endorses spirulina as the answer to world hunger due to its high protein and sustainability	NASA endorses algae as the most nutrient-dense food in world and oxygenation ability. NASA plans to grow chlorella in space.
When to take	Anytime. And morning, afternoon , for energy, focus, intermittent fasting, snacking or before workouts. Food based replacement for vitamins.	Anytime. And at night before bed to remove daily toxins from stress. Take after workouts or injury to speed recovery and after alcohol to prevent hangovers. Replacement for greens.
Flavor	Chewy, earthy taste. Chewy from high protein & fatty acids	Dry, green taste like sunflower seed or a soy nut.
How to Take	Swallow with water, add to smoothies. Or chew if you like their earthy flavor	Swallow or chew , add to smoothies, trail mix or salads. Taste great with nuts like macadamia or almonds
Dosage per serving	5-10 tablets for hunger or energy 15-20 tablets for immune support 20-30 tablets for workouts 30-50 tablets for meals or optimal sports	5-10 tablets for health support 15-25 tablets for virus protection 30+ tablets for detox & sport recovery 30-50 tablets for optimal health
Absorption speed	10 minutes if swallow (instant if chewed)	1-2 hours (20-30 minutes if chewed)
Cell wall	No cell wall - technically a bacteria	Hard cell wall is cracked for absorption
Other nutrients	40 vitamins and minerals, 64% protein	40 vitamins and minerals, 60% protein
Other attributes	Keto, vegan, one ingredient, one calorie	Keto, vegan, one ingredient, one calorie
Safety	Our algae tested at FDA third-party labs in the USA for safety and purity. Safe for everyone from newborns to seniors, pets	Our algae tested for safety/purity at FDA labs. Safe for everyone of all ages but take 2 hours before or after any prescription drugs

