

Algae: The Original Wellness Solution



Wellness and plant-based nutrition is on everyone’s mind. And for good reason. We all want to feel better and healthier and the best way to do that is by giving your body the nutrition it needs from **unprocessed, chemical-free whole foods like algae**. Noted below are just a few of the hundreds of reasons why algae helps you turn back the hands of time, improves your chances for longevity and protects you and your family’s wellness. Are you ready to look and feel more amazing? Good! Let’s go!

SPIRULINA (ENERGYbits® and BEAUTYbits®)

Algae was the first food on earth and 4 billion years later it still offers the most complete nutritional profile of any food which is why [NASA](#) [8] has used and [endorsed algae](#) [9] for decades. [Spirulina algae](#) (we call ours [ENERGYbits®](#) and [BEAUTYbits®](#)) is regarded as “one of the most protective, functional and healing foods of the 21st century and boasts an [unmatched nutrient profile and benefits](#). [1]



Spirulina has the highest concentration of [protein](#) [2] in the world and its powerhouse of 40 vitamins, minerals, [antioxidants](#) [22] and [other nutrients](#) [3] work synergistically and naturally to elevate energy, improve [mental](#) focus [15] enhance [skin & hair health](#) [14], improve [athletic performance](#) [17] boost vitality, [reduce inflammation](#) [16] and support optimal health. In 1974 the [United Nations](#) [18] even identified spirulina as the [answer to world hunger](#) [4]. Wow.



The knowledge of spirulina's health benefits have been documented for fifty years in over 25,000 scientific studies so there is no question that spirulina's benefits are all evidence-based and contribute to your longevity and optimal health. With our food supply and environment so toxic and our health and families suffering, instead of asking yourself why you and your family should take algae every day, **maybe you should be asking yourself *why wouldn't you!***

CHLORELLA

[Chlorella algae](#) (RECOVERYbits®) is world recognized for its wellness and [medicinal](#) properties [5] including its unique ability to [chelate metals](#)[6] including mercury and lead. Chlorella algae has the highest concentration of chlorophyll in the world. Chlorophyll is what makes plants green and it is essential for cellular health, cleansing your body and helping to [prevent disease like cancer](#) [10] or [lung disease](#) [12].

Chlorella also has high amounts of bio-available iron, RNA/DNA, chlorella growth factor, and forty other vitamins and minerals that help to boost your immune system, speed cellular renewal, support mitochondria function, [reduce aging](#) [11] [accelerates recovery](#) [20] from athletics and improve [eye health](#) [13]. Chlorella even removes alcohol so it helps reduce hangovers (woot!).

Chlorella algae also contains a rare source of natural [Vitamin K2](#) [24] which supports [heart and bone health](#)[19] and [skin health](#) [21]. In fact recent research has found that heart disease is due to calcification of your blood vessels. Only Vitamin K2 can remove this calcium out of your blood vessels and move it into your bones where it should be.

Take a handful of chlorella tablets every night or after a workout to flood your body with its healing, cleansing recovery properties. You can swallow or snack on them either alone or with macadamia nuts, blended with smoothies, added salads, trail mix or anything you like. We love them with slices of fruit or even dark chocolate and sea salt. Yum.



IN SUMMARY

Adding [ENERGYbits®](#) or [BEAUTYbits®](#) spirulina and [RECOVERYbits®](#) chlorella algae to your daily routine will help boost your energy, health, beauty and longevity. Still not convinced? Check out this article in [Psychology Today](#) [7] by neuroscientist [Dr. Nicole Avenda](#) PhD who writes about the benefits of algae.

If you're ready to take your wellness and wellbeing into your own hands with algae, visit us at [ENERGYbits](#) to purchase the cleanest, purest, safest, most nutrient dense algae available. If you have questions or more information or want to join us as an Affiliate/Wholesale partner just contact us at customercare@energybits.com. If you're still undecided but want to try a sample we have good news! You can purchase single servings on [Amazon.com!](#)

*ENERGYbits algae is organically grown, Non-GMO, keto, vegan, unprocessed whole food. Our algae tablets have one ingredient, one calorie, zero net carbs, FORTY vitamins and minerals, high amounts of EFA and 5 gram of protein (per serving of 30 tabs). Algae is a whole food which is why both the FDA and [US Congress](#) [23] recognize algae as a **food crop**, not a supplement*

References:

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