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Mothers Breast Milk and ENERGYbits® Spirulina Tablets Have Virtually the Same Nutritional Profile

For many years, there has been a growing body of scientific evidence that spirulina algae (ENERGYbits) is the most nutritionally dense food in the world, rivaled only by mother's milk.

In fact, spirulina and mother's milk are known to be the only two foods you could live on forever. Both are loaded with Omega 3 and GLA fatty acids which are critical for brain health and growth; both contain essential vitamins and minerals; and both have the highest known concentration of protein—all in the form of amino acids (which are what comprise proteins). There are 22 amino acids of which 8 are considered essential. Not only do both spirulina algae and mother's milk contain all 8 essential amino acids (which makes them a complete protein) they remarkably even contain the exact same 17 amino acids, in virtually the exact same proportions.

Mother's milk has always been considered the world's "perfect food" because of its rich and well-balanced nutrient profile. The discovery we have made at ENERGYbits is that this same rich nutrient profile is shared by ENERGYbits spirulina algae. Not only does our spirulina algae contain ALL the same amino acids as mother's milk plus one extra one), the proportions of these amino acid is virtually identical. This is a stunning revelation

By connecting these dots, it appears that both ENERGYbits spirulina and mother's milk can thus both be considered the world's "perfect" foods – an honor previously held only by mother's milk.

TWO KEY PIECES OF BACKGROUND INFORMATION

1. In 1974 the [United Nations held a conference](#) about spirulina algae and declared it to be not only the most nutritional dense food in the world but also the answer to world hunger.
2. In Japan, when premature babies are born and they can't digest mother's milk, they are fed algae dissolved in water since it is the only thing that keeps them alive. Nothing else works. Both of these facts have been in the public domain for forty years but until now, no one has made the connection that the reason why spirulina is so nutritionally dense and the reason why it can keep babies alive is because it's nutrient and amino acid profile is virtually identical to mother's milk – the world's perfect food.

THE SUPPORTING RESEARCH

The amino acid profile of mother's milk is supported by research that dates back to 1944 when a scientist at a research lab called SMA identified all the individual amino acids in mother's milk and the percentage





concentration of each individual amino acid. Catharine Arnston, the CEO and Chief Scientific Officer at ENERGYbits, compared this 1944 research to the amino acid profile of ENERGYbits spirulina algae and found the amino acids were not only virtually identical, they were also virtually identical **in almost the same proportions**. This ground-breaking discovery helps explain why spirulina algae like ENERGYbits provides so much energy and nutrition for your body, health, brain and athletic activities at all times and for all ages.

SUMMARY

In short, taking spirulina algae every day is like having access to mothers' milk and since the medical community is unanimous in its agreement of the importance of mother's milk for a baby's health and growth, taking ENERGYbits spirulina every day offers the same benefits for athletes, adults, students, children and seniors. Pets too. Our spirulina algae tabs ([ENERGYbits](#) and [BEAUTYbits](#)) are the easiest, safest, most nutrient dense way to ensure your body and brain always get the nutrients they need for peak performance and longevity. Even better, ENERGYbits spirulina tablets are available to everyone, not just babies (like Mother's Breast milk). You can buy learn more or purchase yours at www.energybits.com

We hope you will add Mother Nature's "other perfect food" to your daily routine so you can start benefiting from algae's endless benefits including improved health, vitality and energy, all naturally.

And who knows, **you might even sleep like a baby!**

(see next page for chart that shows how the amino acid profile of Mothers Breast Milk and ENERGYbits spirulina tablets are almost identical)

Disclaimer: The information contained here is for educational purposes only and has not been evaluated by the Food and Drug Administration. Neither this information nor our products are intended to diagnose, treat, cure, or prevent any disease.

For more information about ENERGYbits® or to purchase yours, please visit us at www.energybits.com

The Amino Acids in Mother's Breast Milk* and Spirulina Algae (ENERGYbits and BEAUTYbits) Are Virtually Identical & Considered "Perfect Foods"

Spirulina algae and Mothers Milk are considered the two most "perfect" foods because they are so nutrient dense and contain all the critical Amino Acids, Essential Fatty Acids, Vitamins and Minerals for health. Not only is their nutrient profile almost identical, so is their Amino Acid profile as noted below. Unlike mother's milk, ENERGYbits® spirulina can be purchased online and is for everyone of all ages!

AMINO ACID	MOTHER'S MILK* (Human Casein)	ENERGYbits® and BEAUTYbits® (Spirulina Platensis)
	Percent of Nitrogen (Protein)	Percent of Nitrogen (Protein)
Tyrosine	2.9%	4.0%
Alanine	2.1%	7.7%
Glycine	0%	5.3%
Proline	7.3%	4.1%
Glutamic Acid	13.4%	14.1%
Aspartic	3.3%	12.1%
Serine	4.8%	4.4%
Cystine	0.5%	0.9%
Arginine	7.4%	7.9%
Phenylalanine	3.3%	4.4%
Leucine	8.7%	8.2%
Isoleucine	4.6%	5.4%
Histidine	3.6%	12.5%
Lysine	7.2%	4.4%
Threonine	3.5%	4.7%
Methionine	1.5%	2.2%
Tryptophane	1.4%	1.4%
Valine	4.0%	6.2%
TOTAL	79.5%	79.2%
For questions, contact ENERGYbits Inc. Boston MA, 617-886-5106 customer@energybits.com		

* Source: Journal of Biological Chemistry www.jbc.org. Article title: *Amino Acid Composition of Human Milk Proteins*, Author Martin B. Williamson, from the Research Laboratories of S.M.A. Corporation, Chagrin Falls, Ohio, July 8 1944.



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