

# There are No Oxalates in ENERGYbits Algae Tablets.

## Why is Oxalic Acid a Concern?

Oxalic acid (also referred to as oxalates) is found in many foods and are a controversial subject among nutritionists and health experts. Finding a definitive answer online regarding the potential safety or dangers of this substance can make your head spin (as most cutting-edge nutrition research will). Is there a hidden danger lurking in your delicious, beloved green smoothie?

### What Is Oxalic Acid?

Oxalic acid is a naturally occurring chemical in plants and animals. As such, it is consumed in a variety of different foods such as leafy greens, nuts, seeds, most berries, certain fruits, soy and soy products, meat, and dairy products. For example, **¼ cup of almonds contains 200 mg of oxalates and 100 grams of spinach contains 750 mg of oxalates.**

### Virtually No Oxalic Acid in any of ENERGYbits® Algae

In large amounts, oxalic acid is toxic. If you are sensitive to oxalates or have kidney stones, you need to stay away from foods that contain them like kale or spinach. This may prove to be a challenge if you want to have the benefits of chlorophyll and other phyto-nutrients that are found in greens.

The simplest solution is to simply remove the high oxalic greens from your diet and instead have a serving of algae tablets every day. There is **virtually NO oxalic acid in ANY ENERGYbits algae tablets** and yet our algae tablets contain the highest concentration of chlorophyll – up to 1,000 times more than many greens. The almost zero oxalates in our algae tablets is because algae is not a plant and thus does not contain any of the traditional negatives of plants which had to develop survival techniques to keep bugs and birds from eating them. Oxalates are one of the defense mechanisms that plants developed. Oxalates are toxic- so they keep predators away. Lectins are similarly a defense mechanism used by plants who germinate using seeds. The lectins protect the seeds from being eaten by predators because they are toxic when consumed. However algae as a species did not originate on land (it started in the ocean). This is why algae never had to protect itself from land predators with oxalates or lectins and there. That's why ENERGYbits algae tablets contain neither. Spirulina algae is actually a bacteria and chlorella is a sea-vegetable but **our algae is not grown in the sea. It is grown in triple filtered spring mountain water.**

To give you further assurances that our algae is far safer to eat than many greens, every year we have all our algae tested (chlorella and spirulina) by an FDA-approved third-party lab. The results show that not only are there over forty vitamins and minerals, over 60% protein, no toxins, metals or pesticides and less than 3.2 mg of oxalic acid per serving of 30 tabs of ENERGYbits® or BEAUTYbits® (spirulina), RECOVERYbits® (chlorella) or VITALITYbits® (50/50 blend of spirulina/chlorella). **The amount of oxalic acid is so low in our algae that it shows a reading of LESS than 40 mg per 100 grams. This compares to 750 mg of oxalic acid per 100 grams of spinach.** This is why our algae is safer to eat or to include in your

smoothie than spinach, beet greens (953 mg of oxalate per 100 grams) or swiss chard (187 mg of oxalate per 100 grams).

A few of the concerns about oxalic acid and lectins is that they contribute to kidney stones and if you are sensitive to them, they may form punctures in your stomach lining which can lead to autoimmune. For more information refer to Dr. Steven Gundry's book "The Plant Paradox"

About 80% of the kidney stones formed by adults in the U.S.A. are composed of calcium oxalate. Oxalic acid binds with other minerals such as calcium which form a salt known as an oxalate. Oxalic acid interferes with the absorption of calcium in foods by binding with the mineral, making it unusable by your body.

Without oxalic acid, foods such as spinach would have a much higher, bio-available calcium content than they do because it is bound up with oxalic acid. These oxalates are usually passed through the urine but in vulnerable individuals, they may crystallize, forming larger stones that cause excruciating pain and require medical attention.

## What Foods Contain Oxalates?

**Many foods contain oxalic acid**, especially leafy greens such as spinach, swisschard, parsley, collards, and beet greens. **Spinach has very high levels of oxalic acid – 750 milligrams per 100 gram serving.**

## Should You Be Concerned?

The short answer is "no or maybe". But in case you are worried about oxylates in your greens, simply take ENERGYbits® algae tablets every day instead. All of our algae tablets are virtually free of oxylates and lectins and yet they contain up to 1,000 x more chlorophyll than greens as well as forty vitamins/minerals and over 60% protein

Each of our tiny algae tablets contain the SAME nutrition as an entire plate of vegetables that you didn't have to buy, clean, cook, eat or worry about. Simply pop a few algae tablets into your mouth and in seconds you have given your body all of the green nutrition it needs for the day. No lectins. No oxylates. No work. No worry.

Simply swallow a few of our tablets (which we refer to as "bits" because they are "bits of food" or add them to your smoothies or trail mix. They are far safer, easier and better for you than spinach, kale or any of these other high oxalate greens.

There are a few rare medical conditions such as Primary Hyperoxaluria and Enteric Hyperoxaluria where one would need to restrict their dietary intake of oxalic acid. And, those who are susceptible and have been treated for calcium-oxalate kidney stones, and therefore at risk of forming them again, should watch their intake of oxalate-containing foods. Keep in mind that your body regularly produces oxalic acid, often synthesizing other substances such as vitamin C into oxalic acid. So, whether you eat foods that contain it or not, your body maintains a naturally-occurring level of oxalic acid and regularly produces it.

## If You Are Concerned About Oxalates

If you have a history of kidney stones or a medical condition that is complicated by the consumption of oxalate-rich foods, you might want to discontinue eating those foods and consider taking our algae tablets instead. This will ensure you are still getting your chlorophyll and other essential phyto-nutrients found in greens). There is some helpful information on the web which lists [oxalate levels of many foods](#) which can help you plan your diet should you feel the need to reduce your intake of oxalic acid-containing foods.

For more information about how to eat a healthy diet without oxalates or lectins, check out Dr. Gundry's book "*The Plant Paradox- The Hidden Dangers in Healthy Foods*" on Amazon <https://www.amazon.com/Plant-Paradox-Dangers-Healthy-Disease/dp/006242713X> or visit his website at <https://gundrymd.com/>

In general, replacing oxalate-rich greens such as spinach and beet greens with [ENERGYbits®](#) algae tablets will lower your exposure and might be the simplest solution. Eating a whole foods diet is always best (algae is a whole food) because this provides a wide spectrum of nutrients, phytochemicals, vitamins, minerals, and trace elements that work together to nourish the body.

Source prior to edits: <https://davyandtracy.com/green-smoothies/oxalates-spinach-oxalic-acid-health-concern/>

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To learn more about ENERGYbits algae tablets or to purchase yours, please visit [www.energybits.com](http://www.energybits.com). If you have other questions or would like to open a wholesale account, please email us at [customer@energybits.com](mailto:customer@energybits.com) or call our Boston office 617-642-0782. Thank you for loving your body to bits.



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