

SUPPORT SUSTAINABILITY AND PROTECT YOUR HEALTH WITH ENERGYbits® ALGAE TABLETS



Supporting sustainability is easier than you think! Simply add algae tablets to your daily nutrition. Here's why:

What You'll Learn

- **Algae is the original source of Omega-3.** Fish consume algae, and we consume fish for their Omega-3. However, fish oil is not a sustainable source of Omega-3 and the exploding demand for fish oil is damaging the oceans. Algae is a sustainable source of Omega-3.
- **Algae farms use less water than any other crop.** Spirulina uses just six gallons of water for a 10-gram serving, while beef uses a shocking 1,303 gallons for a 10-gram serving. This is just one way algae agriculture helps preserve our land and water
- **In January 2019 the very first Algae Agricultural Act was signed into law** by the US President in the 2019 Farm Bill. This is the first time American legislators have identified algae as a critical and sustainable food crop that needs to be grown in the USA.

Algae is not only good for your body, but it is also good for our precious planet. This superfood is an eco-friendly and sustainable crop with environmental benefits that allows you to love your body and the earth too!

Algae Protects Our Oceans

Overfishing is [threatening our oceans' ecosystems and depleting fish populations](#). Not only are entire species of fish dwindling, but some are also in danger of disappearing primarily due to the extraordinary demand for fish oil which consumers use as a source of omega-3. The fish oil craze has exploded in

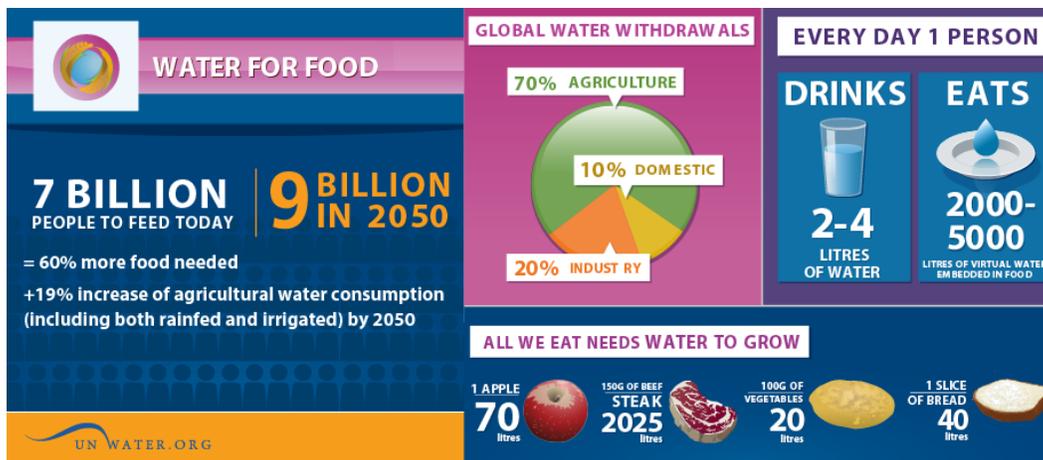
recent years because Omega-3s are known for their ability to reduce inflammation and heart disease, improve brain health and more. However some fish are being depleted faster than they can reproduce, and not only is this causing "dead zones" in our oceans, scientists believe that by 2050, fisheries will collapse if current practices continue. We clearly need an alternative, sustainable source of Omega-3s. The solution is not a difficult one! **Algae is the answer.**



Not only is algae the original plant superfood, but it's also a sustainable, vegan source of Omega-3s and using algae as your source of Omega-3's allows you to [help save our oceans from overfishing](#). Microalgae are where fish get their Omega-3 from, so we should too!

Algae Saves Our Water

Algae is grown in freshwater tanks that require [20-times less water to grow than traditional crops](#), 50-times less water than land crops like corn, and 80-times less water than cattle farms. Spirulina, one of the best-known algae uses just six gallons of water for a 10-gram serving, while [beef uses a shocking 1,303 gallons](#) for a 10-gram serving.



Water is a precious resource. Algae can help conserve it!

Algae Preserves Our Land

Algae is also attractive because it can be grown on land that is currently unusable – even deserts. And since algae grows fast and provides more protein per acre than any traditional crop, farmers can produce 30-times more protein per acre when [growing algae instead of traditional field crops](#). Wow! And since algae only takes 30 days to grow, farmers could harvest 10-12 algae crops per year instead of just one crop per year from corn, wheat or soy. It sounds like we need more algae farms, right?

Land Area Needed to Produce One Kilogram of Protein			Water Needed to Produce One Kilogram of Protein		
	Sq. Meters	Quality		Liters	Quality
Spirulina^a 65% protein	0.6	non-fertile	Spirulina^a 65% protein	2100	brackish
Soybeans^b 34% protein	16	fertile	Soybeans^b 34% protein	9000	fresh
Corn^c 9% protein	22	fertile	Corn^c 9% protein	12500	fresh
Grain-fed Feedlot Beef^d 20% protein	190	fertile	Grain-fed Feedlot Beef^d 20% protein	105000	fresh

^a Y. Ota, Earthrise Farms, California 1995
^b Lesley, et al. "A low energy method of manufacturing high-grade protein using spirulina," University of Texas, 1980, Pimental, 1975, USDA.
^c Y. Ota, Earthrise Farms, California 1995
^d Diet for a Small Planet, 1982, pg. 76-77, Dr. David Pimental, Cornell University, 1981.

"Algae uses less than one-tenth as much land as traditional crops, and grows ten-times more rapidly, freeing up the land for alternative use."

More specifically, spirulina provides 200-times more protein per acre than beef. While just one kilogram of beef protein causes 145 kilograms of topsoil loss, since algae is grown in freshwater tanks, growing spirulina or chlorella doesn't deplete any topsoil whatsoever. In fact, spirulina can even help improve topsoil by [acting as a natural fertilizer](#).

Algae Agricultural Act

More algae farming might not be as far off as you think! The President approved the very first Algae Agricultural Act in January 2019 as part of the 2019 Farm Bill. This bill encouraged US farmers to grow algae in the USA and was supported by the House Agriculture and House Energy and Commerce committees in 2018. It's a landmark piece of legislation that will [finally bring algae into the mainstream](#) and will direct millions into [algae research and commercial development](#). And let's not forget that in 1978 the United Nations held a global conference on spirulina and decided was the answer to end world hunger!

So this is just the beginning and if algae is truly going to have a positive impact and bring us closer to having a healthy, sustainable planet we all need to do our part. Want to help bring algae into the mainstream so it can support our environment? All you need to do is keep educating yourself about algae (by reading articles like this) and where possible, introduce algae into your diet and community so it can replace non-sustainable snacks or supplements like fish oil. Your body and Mother Earth will thank you! And we will too.

If you're ready to boost your health and support Mother Earth with algae, that's awesome too! Visit energybits.com where you can learn more and purchase our bags of 1,000 algae tablets. Don't forget to use our 20% discount code BITS.

Thanks for loving Mother Earth and your body to bits!

<h2 style="background-color: #00AEEF; color: white; padding: 5px;">Sustainable</h2>  <p>Want sustainable, eco-friendly nutrient dense food? Take our algae tablets</p> <h3 style="color: #00AEEF;">TOP TEN REASONS:</h3> <p>AIR: Algae releases oxygen and captures carbon dioxide from the air. Algae provides 85% of the earth's oxygen</p> <p>OCEAN: Algae is a sustainable source of Omega-3 so it protect oceans and fish. Algae gives fish their Omega-3 too!</p> <p>LAND: Algae provides 100 times more protein per acre than cattle farming and 20 times more protein than soybeans</p> <p>WATER: Growing algae requires 1/5 the water of other crops like corn. The water is recycled because algae kills bacteria</p> <p>SAFE: Our algae is grown in fresh water tanks tested daily. It nourishes adults of all ages. Children and pets love it too!</p> <p>NUTRITION: Algae has 1,000 x more nutrition than any other food. It has over 40 vitamins/minerals and 60% protein</p> <p>ZERO WASTE: Algae is 100% utilized unlike all other crops that have a high degree of biomass waste</p> <p>NON GMO, ORGANICALLY GROWN: Our algae is toxin-free, pesticide-free, metal-free, caffeine-free and sugar-free.</p> 	<h2 style="background-color: #90C040; color: white; padding: 5px;">Wellness</h2>  <p>Want wellness to be easier? Take RECOVERYbits chlorella algae tablets</p> <h3 style="color: #90C040;">TOP 10 REASONS:</h3> <ol style="list-style-type: none"> 1. REMOVES TOXINS & chemicals daily & easily 2. HIGH CHLOROPHYLL cleanses body & brain 3. GREEN NUTRIENTS RESTORE ALKALINE pH 4. HIGH RNA/DNA for anti-aging and wellness 5. FORTY VITAMINS & MINERALS nourish body 6. HIGH ANTIOXIDANTS remove free radicals 7. HIGH Vitamin K2 for heart, bone & skin health 8. REDUCE INFLAMMATION with Omega-3 Fats 9. ZERO SUGAR, Organic, Non-GMO, Vegan, Keto 10. ONE Ingredient, ONE Calorie, ZERO Carbs 	<h2 style="background-color: #F080F0; color: white; padding: 5px;">Self Care</h2>  <p>Want self care to be more natural? Take BEAUTYbits spirulina algae tablets</p> <h3 style="color: #F080F0;">TOP 10 REASONS:</h3> <ol style="list-style-type: none"> 1. ONE calorie, ONE ingredient, ZERO net carbs 2. High plant protein (64%) builds skin collagen 3. High Antioxidants prevent wrinkles & aging 4. High Chlorophyll keeps skin clear & stops acne 5. High EFA's & Omega-3 prevent hair breakage 6. High Vitamin B increases skin cell regrowth 7. Forty vitamins/minerals for skin & hair vibrancy 8. ZERO sugar, chemicals or artificial anything! 9. Algae tablets are easy to take & carry 10. Organic, sustainable, Non-GMO, vegan, keto 
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Gratefully yours,

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