



## Spirulina



**Author:** B.v. Umesh  
**Format:** Paperback  
**ISBN:** 817806040X  
**Code:** 9219F  
**Pages:** 32  
**Price:** Rs. 60.00 US\$ 3.00

**Publisher:** Unicorn Books  
Usually ships within 5 days

Do you often feel run down, or fatigued? In fact, malnutrition can lead to a host of ailments, and despite our best efforts, it becomes difficult to meet all our nutritional requirements from everyday food sources. Now, fortunately we have an effective answer to this: Spirulina, the most powerful food in the world. Spirulina is, in fact, a spiral-shaped blue-green microalga that is native to the alkaline lakes of Africa and Mexico. Today it is a generic name used for the phenomenal food with unmatched nutritional benefits. This booklet outlines the preventive, therapeutic and restorative properties of this amazing food. The richest source of protein, it also contains very high amounts of beta-carotene, B Vitamins and minerals. All these make Spirulina the best and extremely digestible, high-energy, low-calorie, low-fat natural super food.

### About Unicorn Books

**Unicorn Books** publishes an extensive range of books that are both affordable and high-quality.