



Sprulina Benefits

- **A Single Tablespoon Provides The Body With:**
 - **All Essential Amino Acids**
 - **21% of RDA in Copper**
 - **4 Gram Of Protein**
 - **11% of RDA in Iron**
 - **95mg of Potassium**
- **Strong In Anti-Oxidant & Anti-Inflammatory Properties**
- **Has Anti-Cancer Fighting Properties**
- **May Reduce Blood Pressure Levels**
- **Helps Improve Muscle Strength & Endurance**
- **Aids In Reducing Blood Sugar Levels**
- **Assits in Weight Loss (Along With Healthy Eating Habits)**
- **Improves Gut Health**
- **Lowers Cholesterol Levels**
- **Reduces Allergy Symptoms**
- **Helps Rid The Body Of Toxins Like:**
 - **Arsenic**
 - **Lead**
 - **Floride**
 - **Mercury**

3141 W. Roosevelt Rd. · Chicago, Illinois · 60612 · 773-762-1090



nlhealthchicago.com