

FRILABIOL

Weight management



Spirulina

Spirulina is one of the most popular dietary supplements in the world.

It is rich in nutrients and antioxidants that may benefit both the body and the brain.

Spirulina is a bluegreen microalga considered one of the oldest life forms on Earth.

It was already used by the Aztecs as an endurance enhancer.

It is regarded as a "superfood", providing a complete range of nutrients and containing protein levels comparable to those of eggs.

The Aztecs also used spirulina to treat various ailments, and according to legend, royal messengers consumed it to sustain their long-distance runs.

Modern research confirms several of the benefits traditionally attributed to spirulina and continues to explore its therapeutic potential.

Spirulina has a bitter taste, which is why it is often mixed with yogurts, juices, or smoothies to improve its flavor.

It is commonly available as a dietary supplement in health stores.



EFFICACY AND INDICATIONS

- Phycocyanin is the main active compound in spirulina.
- It has strong antioxidant and anti-inflammatory properties.
- Studies show that spirulina may reduce triglycerides and LDL cholesterol ("bad cholesterol") while increasing HDL cholesterol ("good cholesterol").
- The oxidation of lipids in the body contributes to the development of various diseases; spirulina's antioxidants may help limit this process.
- Spirulina may enhance physical performance, particularly by increasing endurance and muscle strength.
- Some data suggest it may benefit individuals with type 2 diabetes by significantly reducing fasting blood glucose levels.