

Spirulina Manna™ (*Arthrospira platensis*) is a spiral shaped blue green microbe that is known for its incredible, broad-spectrum nutritional content.\* Spirulina is considered one of the world's first superfoods. A staple food source for the Aztecs and other Mesoamericans who harvested spirulina from Lake Texcoco in central Mexico, spirulina is still harvested today from Lake Chad in west-central Africa. Blue green algae thrive in lakes and inland bodies of water that are warm and alkaline. Spirulina boasts a 60% protein content — it is a richer source of protein than most vegetables — and it is also a good source of beta-carotene, various minerals, and gamma linolenic acid, an essential fatty acid.\* Spirulina Manna also contains high levels of phycocyanin, a pigment-protein complex with antioxidant properties that is found only in blue green algae.\*

Spirulina Manna is grown outdoors in the remote Sonoran Desert of Southern California under highly-controlled conditions and is regularly lab tested for heavy metals and microbial toxins to ensure highest levels of purity.

HealthForce SuperFoods® is a grassroots, independently owned and operated whole food botanical company. We offer a diverse and truly effective product line inspired by the incredible symbiotic power of plants. Our mission is fueled by a passion for purity and heart-centered collaboration, with a strong foundation of service and integrity. We are proud to offer clean, ethically produced products designed to help you thrive in a modern world.

"I WISH YOU GREAT HEALTH AND HAPPINESS ALWAYS!"

Dr. Jameth Sheridan — Naturopath and Hard-Care Herbal Medicine Researcher

				
TruGanic Sourcing™	Eco Facility	Vegan Ethics	Lab Verified	Ecofresh™ Packaging

\*These statements have not been evaluated by the Food and Drug Administration. This product is not designed to diagnose, treat, cure, or prevent any disease.

# HEALTHFORCE SUPERFOODS® SPIRULINA MANNA™



Net Wt 5.25 oz (149g)

## Nutrition Facts

55 servings per container

Serving size

1 tsp (2.7g)

Amount per serving

**Calories**

**10**

% Daily Value

Total Fat 0g 0%

Sodium 20mg <1%

Total Carbohydrate 0g 0%

Protein 2g

Iron 1.2mg 6% • Vit A (beta-carotene) 410mcg 45%

Vitamin K (K1) 77mcg 60% • Iodine 6mcg 4%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, and potassium.

**Ingredient:** Spirulina (Arthrospira platensis)

⊖ Organic ⊖ TruGanic™

Country of Origin: India



MANUFACTURED BY:  
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Suggested Use: 1 teaspoon per day, either all at once or divided. Spirulina is a food. It can be eaten directly or added to foods.