

## MARINE PHYTOPLANKTON NUTRITIONAL ANALYSIS

Element	Description	Importance for / Helps to / Promotes:	Lacking of increase risk of:
<b>Alanine</b>	Amino acid	Forms proteins Muscle formation Immune System Eliminates excess toxins from the liver <u>Adecuate glucose levels</u>	Hipertension Diabates type II Free Radical Blood sugar
<b>Arginine</b>	Amino acid	Immune System Liver Detoxification Creation of new muscle Healthy skin Healthy joints Metabolism	Arthritis Toxic liver slow metabolism
<b>Asparagine</b>		Immune system Brain energizer	
<b>Aspartic Acid</b>	Amino acid Also known as L-Aspartate	Important rol in the citric acid cycle Important rol in the krebs cycle Cellular energy Healthy RNA and DNA Immune System Brain energizer	chronic fatigue Depression
<b>Beta Carotene</b>		Immune System Better digestion Improve vision Protects cornea <u>Free Radical defense</u>	
<b>Bioflavonoids</b>		Immune System Skin toxin remover	
<b>Biotin</b>		Promotes better hair	
<b>Boron</b>	Trace Mineral Promotes absorption of other important nutrients	Stronger bones Mental clarity Cardiovascular health Calcium absorption enhance lean muscle mass  <u>help for menopausal symptoms</u>	Decresed levels of other nutrients: Vitamin D, Calcium, Copper and magnesium  Osteoarthritis prostate cancer
<b>Calcium</b>	Mineral	Stronger bones, teeth and connective tissue Calms nerves Improves cholesterol levels Healthy digestion Helps nerves pass messages to heart and other muscles	Osteoporosis Hormonal problems

		Normal blood clotting	
		Helps prevent high blood pressure	
		Prevention of colon cancer	
<b>Chlorophyll</b>		Better digestion	
<b>Chromium</b>	Mineral 90% of population is deficient in chromium	Helps moderate diabetes	Diabetes
		Control insulin	
		Cardiovascular support	
		Boost levels of DHEA	
<b>Cobalt</b>		Repairs nerve cells	
		Production of red blood cells	
<b>Copper</b>	Mineral	Arthritis relief	Artheries hardening
		Production of red blood cells	Gray hair
		Cardiovascular protection	Cardiovascular disease
		skeletal and nervous system protection	Arthritis
		Production of powerful antioxidant superoxide dismutase	Osteoporosis
		healthy skin and hair	
		Melanin production: (skin, hair and eye colors)	
		Prevents aneurysms, promotes collagen	
<b>Cysteine</b>		Carcinogens detox	
<b>Electrolytes</b>		Helps Kidneys	
		Elimination of toxic wastes	
<b>Fluorine</b>		Healthy teeth	
		Bone density	
<b>Folic Acid</b>		Mental focus	
		Prevents anemia	
<b>Germanium</b>			Epstein-Barr virus
<b>Gamma Linolenic Acid</b>		Lowers Cholesterol	
<b>Glutamic Acid</b>	A neurotransmitter also called glutamate	Reduces alcohol cravings	
		Reduces sugar cravings	
		Brain activity	
		helps correct personality disorders	
		Useful for childhood behavioral disorders	
		helps for epilepsy treatment	
<b>Glutamine</b>	Amino acid	Increases mental focus	Chronic fatigue
		Muscle building and maintenance	Lower Immune system functions
		Removing ammonia from liver	Arthritis rheumatoid
		Healthy central nervous system	chronic fatigue
		Better mood	scleroderma
		More Energy	

<b>Glutathione</b>	Antioxidant	Free Radical defense Immune system Protects vision Energy creation  Prevents buildup of oxidized fats	Lack of balance and coordination mental disorders tremors Atherosclerosis
<b>Glycogen</b>		Physical stamina	
<b>Histidine</b>		Nutrient absorption Removes toxic metals	
<b>Iodine</b>		Regulating body weight	
<b>Iron</b>	Trace Mineral Needed to make hemoglobin  It's the most common deficiency throughout the world	Emotional health  prevents anemia  physical energy Red blood cells Muscle health Blood oxygenation	Growth deficiency on children  Anemia  Dizziness Shortness of breath Headache Fatigue Irritability
<b>Isoleucine</b>		Muscle creation Liver repair	
<b>Lecithin</b>		Dissolving cholesterol Short term memory	
<b>Leucine</b>		Reduce Hypoglycemic symptoms	
<b>Linoleic Acid</b>		prevents viral infections	
<b>Lysine</b>		Bone density	Osteoporosis
<b>Magnesium</b>	Mineral	Tranquility  Reduces migraine headaches  Antistress Help to prevent formation of blood clots  Cardiovascular health Prevents complications related to diabetes Antiaging properties and longevity properties	Mood swings
<b>Manganese</b>	Antioxidant Helps convert protein and fat to energy	Joint Mobility  Free Radical defense  Digestion Bone structure Reduce fatigue levels Memory Improve thyroid functions	Osteoporosis  Poor absorption of vitamins  Infertility weakness seizures atherosclerosis confusion muscle contractions

			eye problems memory loss
<b>Methionine</b>		Enhances memory Better mood Removes heavy metals	
<b>Molybdenum</b>	Trace Mineral Found in all tissues in the body: bones, teeth, kidney and liver Helps use iron reserves Helps to burn fat	Longevity	Body development problems  Anemia Tooth decay Impotence
<b>Niacin</b>	Vitamin B3	Reduces stress Lowers Cholesterol Assists in reversing atherosclerosis	
<b>Nickel</b>		Cellular growth Memory enhancements	
<b>Omega 3</b>	Fatty Acid	Flexibility of cell membrane Helps to lower cholesterol Cardiovascular support	
<b>Omega 6</b>	Fatty Acid	Relief for arthritis symptoms Skin tone improvement Cardiovascular support	
<b>Pantothenic Acid</b>	Vitamin B5	Relief for arthritis symptoms Reduces toxicity from alcohol Free Radical defense	
<b>Phenylalanine</b>		Mental clarity Reduces sugar cravings	
<b>Phosphorous</b>		Healthy teeth Help for bone repair	
<b>Potassium</b>	Mineral	Reduces hypertension Controls blood pressure Nerve and muscle functions Allergies treating	Hypoglycemia
<b>Proline</b>		Increases learning ability cartilage repair	
<b>Pyridoxine</b>	Vitamine B6	Immune System Relieves PMS	

<b>Riboflavin</b>		Energy booster Free Radical defense Eye and vision	Eye fatigue
<b>RNA</b>		Mental focus	
<b>Selenium</b>	Mineral	Immune System Relieves anxiety	
<b>Serine</b>		Skin health and beauty	
<b>Silicon</b>		Skin health and tone	
<b>Sodium</b>			
<b>Superoxide Dismutase</b>	SOD	Free Radical prevention	
<b>Substance P</b>		Mental Focus	
<b>Thiamine</b>	Vitamin B1	Energy increase Mental attitude stress reliever	
<b>Theonine</b>		Immune system Skin tone	
<b>Tyrosine</b>		Emotional health mental clarity memory	
<b>Valine</b>		Muscle building	
<b>Vanadium</b>		Control blood sugar levels	
<b>Vitamin B12</b>		Physical energy Mental focus Nervous system repair	
<b>Vitamin C</b>		Gums health reduces risk of cancer common cold	
<b>Vitamin E</b>		Immune System Healthy nerve tissue	
<b>Zinc</b>		Prostate health Immune system acne memory common cold symptoms	