



Spirulina



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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 the Author

B.V. Umesh, a chemical engineer by training, has worked on renewable energy in the initial years of his career. Thereafter he devoted himself to the developing of technology for the large-scale production of Spirulina algae. He joined the Murugappa Chettiar Research Centre at Chennai in 1979. In 1992 he became the joint recipient of the National Research & Development Corporation Republic Day Award for the best invention for the process for Mass Culture of Spirulina. The process was also patented. In 1995, the World Intellectual Property Organisation, Geneva awarded him with a gold medal for this process. With Sanat Products Ltd. since 1993, Mr Umesh has been instrumental in setting up of their Spirulina production units in Sikandrabad, UP, and in Dindigul, Tamilnadu.

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