

DUOLIFE

Spirulina

Food supplement

DUOLIFE Spirulina is a food supplement **from the Pure Formula line** containing powdered spirulina in a concentrated dose. It is enclosed in capsules made of HPMC, an organic cellulose derivative, with delayed release time. Spirulina supports body weight management and immune system functions. It also delivers many valuable vitamins and minerals necessary for the proper functioning of the human body. The ingredient is standardised to contain as much as 60% of protein. Thanks to standardisation, the amount of protein in the product is guaranteed.



Simple, targeted composition



Product with comprehensible purpose



Convenient form of use



Naturally sourced ingredients

When to use DUOLIFE Spirulina?

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The DUOLIFE Spirulina food supplement is intended for use as support for optimal body functions in the case of people:

- ▶ wishing to maintain correct body weight;
- ▶ wishing to support immune system functions;
- ▶ affected by allergic rhinitis;
- ▶ who remain active physically;
- ▶ caring to keep normal blood cholesterol level.

How does spirulina found in the DUOLIFE Spirulina food supplement work?

DUOLIFE Spirulina is a food supplement based on high-quality naturally sourced ingredients: powdered spirulina and acacia fibre.

Spirulina found in **DUOLIFE Spirulina** supports:

- ▶ body weight management;
- ▶ body fat burning;
- ▶ body immunity;
- ▶ muscle strength and resilience during physical exercise;
- ▶ antioxidative processes and reduction of oxygen free radicals;
- ▶ maintenance of optimal blood cholesterol level and blood pressure.

Instructions for use: 2 capsules a day, with a meal. Do not exceed the recommended daily dose. Food supplements should not be a substitute for a varied diet. A balanced diet and healthy lifestyle are essential for the proper functioning of the body.

It is beneficial to combine the DUOLIFE Spirulina food supplement with:

Shape Code® Protein Shake, Shape Code® Slim Shake, DUOLIFE Vita C, DUOLIFE Vita C Powder, DUOLIFE Day, ProSlimer®, ProImmuno®, ProCholterol®, BorelissPro®, ProRelaxin®, ProSelect®, other products from the DUOLIFE Pure Formula line

Precautions

- ▶ Do not use if you are hypersensitive to any of the ingredients of the product.
- ▶ Do not use in children.
- ▶ Do not use in pregnant or breastfeeding women.
- ▶ If you have a chronic condition or are taking medication, consult your doctor before using the product.

Ingredients - content in a daily dose (2 capsules): Spirulina (*Arthrospira platensis*), powdered, 760 mg standardised to 60% protein content, acacia fibre. Coating ingredient: hydroxypropyl methylcellulose (HPMC).

Discover the ingredients of the DUOLIFE Spirulina food supplement

Spirulina (*Arthrospira platensis*), powdered, standardised to 60% protein content

Spirulina is the name given to the green-blue algae that grow in the warm waters of Central and South America and Africa. It is believed to be one of the oldest life forms. These algae are small (approx. 500 µm) and spiral-shaped, hence their name.

Spirulina belongs to the so-called **superfoods**: foodstuff with unique nutritional values. This alga is a source of many nutrients, including a large amount of wholesome protein (approx. 60% of the alga composition), as well as many vitamins and minerals. A, C, D, E, K, group B vitamins (including B1, B2, B3, B12) and minerals such as selenium, zinc, copper, iron or magnesium. In addition, spirulina provides the body with valuable ingredients such as: gamma-linolenic acid (GLA) and linoleic acid from the group of omega-6 essential fatty acids, folic acid, phycocyanin (which gives spirulina its characteristic bluish colour) and bioflavonoids.

Due to its valuable characteristics, it will work perfectly in people striving to reduce their body weight. Phenylalanine found in spirulina is an amino acid that may foster appetite decrease, limit sudden hunger pangs and support the functioning of the intestines, which may indirectly contribute to the reduction in adipose tissue. What's more, fibre found in spirulina creates a protective mucous layer on the intestinal walls, which helps reduce the absorption of fat, including cholesterol, as well as excess sugars. Thanks to that, spirulina supports **body weight management, normalisation of blood cholesterol and glucose levels, and fosters the maintenance of optimal blood pressure**^{1,2}. In addition, spirulina **delivers valuable nutrients** such as vitamins and minerals. People following a weight reduction diet might decide to supplement them^{3,4}. Supplementing spirulina is also important for people who engage in physical activity. According to research results, it may **support muscle strength and resilience** during exercise, which translates into improved sports performance^{5,6}.

Spirulina also shows valuable **antioxidative properties** and **properties supporting the reduction of inflammations** in the body thanks to the presence of phycocyanin which can, as an antioxidant, fight free radicals. Spirulina's antioxidative properties facilitate the protection against premature cell ageing⁷.

What's more, the application of spirulina as an ingredient **supporting allergic rhinitis sufferers** is also known. Ingredients found in spirulina may foster the inhibition of histamine release from mast cells. This is linked to the above-mentioned effect of supporting the reduction of inflammation in the body⁸.

Spirulina also supports immune system functions, mainly by supporting the production of antibodies⁹.

The composition of DUOLIFE Spirulina food supplement includes also acacia fibre which synergistically supports the action of the main ingredient - spirulina.

Acacia fibre

Acacia fibre found in the DUOLIFE Spirulina food supplement is a natural bulking agent with valuable properties. Acacia fibre is sourced from acacia trees growing in Africa; it belongs to the soluble fibre fraction and supports the health-oriented effect of spirulina. Moreover, fibre belongs to the so-called prebiotics that stimulate the development of natural intestinal microflora; it fosters optimal functions of the gastrointestinal tract, supports intestinal peristalsis by helping ensure regular bowel movements and prevent flatulence and chronic constipation¹⁰, as well as supporting body weight management. It also helps to maintain optimal blood cholesterol levels¹¹.

What makes DUOLIFE Spirulina so special?

- ▶ **Simple, targeted composition** – based on the main active ingredient **with known properties and concentrated dose**.
- ▶ **Product with comprehensible purpose** – featuring health statements on the label, which makes it easier to recommend the product.
- ▶ **Standardised active ingredient** – a guarantee of the declared active compound content.
- ▶ **Naturally sourced ingredients**.
- ▶ **No artificial fillers, preservatives or unnecessary additives**.
- ▶ **Convenient form of use** – capsules **made of organic cellulose derivative (HPMC; hypromellose; hydroxypropyl methylcellulose)** with delayed release time, supporting the protection of active ingredients against the acidic pH of the gastric juice.
- ▶ **Uniformity of the PURE FORMULA line – easy recommendation** – 1 packaging contains 60 capsules for 1 month of use (2 capsules a day).
- ▶ The supplement can be easily adjusted to the individual needs of the body.
- ▶ The product is **LACTOSE-FREE and GMO-free**.
- ▶ The product is **GLUTEN-FREE – suitable for people with gluten intolerance**.
- ▶ The product is **suitable for vegans and vegetarians**.
- ▶ Multilingual label.

i Reference list for the DUOLIFE Spirulina formulation can be found in the separate sheet of the binder.

References

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