



NATURE'S SUNSHINE

Super Algae

Kosher

Halal

Non-GMO

Gluten Free

GOOD FOR

Blood

Immune System

Digestive System

SIZE **100 Capsules**

ITEM # **1056**

SERVING **2-3**

SUPPLY **11-16 days**

DIRECTIONS FOR USE Take 2-3 capsules with a meal three times daily.

— How the Key Ingredients Work

Super Algae brings together spirulina and chlorella — two of nature's most nutrient-dense greens — to help support your energy, immunity, and everyday wellness from the inside out. Together they deliver a broad spectrum of vitamins, minerals, and plant pigments that work with your body, not against it.

Spirulina – Antioxidant Defense — Spirulina is loaded with a vivid blue pigment called phycocyanin, which acts as a powerful free-radical fighter in the body. Clinical studies show spirulina supplementation raises the body's own antioxidant activity and lowers markers of oxidative stress, helping protect your cells from everyday wear and tear.

Spirulina – Immune & Allergy Support — Spirulina has been shown in a 12-week double-blind trial to help calm the immune system's overreaction to allergens — specifically by reducing a key signaling molecule linked to allergy symptoms by 32%. If seasonal sneezing and sniffing are a regular struggle, spirulina may offer some welcome relief.

Spirulina – Healthy Blood & Iron Support — Rich in iron, B vitamins, and its signature blue pigment, spirulina has been studied in multiple clinical trials — including in elderly adults, children, and people with digestive conditions — and consistently shown to support healthy hemoglobin levels and red blood cell production, making it a natural ally for those watching their iron intake.

Spirulina – Appetite & Weight Management — Feeling like you're fighting your appetite all day? Spirulina may help. A double-blind study in 52 overweight adults found that 12 weeks of spirulina supplementation significantly reduced appetite scores and food intake. A systematic review and meta-analysis backs this up, making spirulina a smart addition to a balanced weight-management routine.

Spirulina – Nutritional Powerhouse — Spirulina is a cyanobacterium — essentially a microscopic spiral-shaped organism that photosynthesizes like a plant. It packs an impressive range of nutrients into a tiny package: protein, iron, B vitamins, and protective pigments. It's one of the most nutrient-dense whole foods studied in modern nutrition research.

Chlorella – Antioxidant Defense — Chlorella has been tested in multiple human clinical trials — including studies in smokers and people with respiratory conditions — and shown to significantly raise the body's antioxidant capacity while lowering markers of cellular stress. It supports your body's natural defense systems so they can keep doing their job day after day.

Chlorella – Blood Pressure Support — A 2017 meta-analysis covering 19 randomized controlled trials found that chlorella supplementation was associated with meaningful reductions in both systolic and diastolic blood pressure. A follow-up 2025 meta-analysis confirmed similar findings, suggesting chlorella may be a helpful part of a heart-healthy lifestyle, though results across studies vary.

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