

## Food Safety and Quality Guidelines

Organic Spirulina Powder is made in a facility having following certifications



Organic Spirulina powder is grown in controlled conditions through careful nurturing and monitoring to prevent contamination. It results in Spirulina powder which is Toxin Free, Pathogen free, Non-GMO, Non-irradiated and free from pesticides and ground water contamination.

Conforms to Stringent EU regulations for PAH levels in Food.  
High levels of PAH are considered highly toxic and carcinogenic.

### A Proprietary Ayurvedic Medicine



The information given herewith is not a medical advice for self treatment and is for educational purpose only. Consumers with specific medical conditions should consult their Physician before taking Well Spirulina Capsules.

### Modicare Limited

(An ISO 9001:2008 Certified Company)  
5, Community Centre,  
New Friends Colony,  
New Delhi-110025,  
Tel.: 011-66623000  
www.modicare.com

### Leaflet

MRP : Rs. 3.20/- (Incl. of all taxes)  
Qty. : 1 piece  
Packed : December 2015  
600780 - English



MRP : ₹360 | Pack Size : 100 Capsules | Code : FS5044

# THE WHOLESOME GREEN SUPER FOOD



## What is Spirulina

Spirulina is a blue green algae that is composed of Complete protein, Complex carbohydrates, Essential fatty acids, Phytopigments , Vitamins, Minerals and Enzymes.

## Why Well Spirulina

Well Spirulina is rich in unique antioxidants and phytonutrients - Carotenoids , Phycocyanin, Chlorophyll and Superoxide Dismutase (SOD) that are known for many life enhancing health benefits.

- **Carotenoids:** The Zeaxanthin and Betacarotene in spirulina have immune boosting properties and are also important for eye health. It helps in preventing age related macular degeneration.
- **Phycocyanin:** A blue pigmented protein possesses powerful antioxidant and anti-inflammatory properties. It helps in protecting kidneys, liver, and nerve cells from oxidative damage and also contributes in increasing the bioavailability of iron and minerals in Spirulina.
- **Chlorophyll:** An antioxidant and a detoxifier. It helps build red blood cells in the body.
- **Superoxide Dismutase (SOD):** An antioxidant which fights free radicals and prevents tissue damage. In adequate SOD formation in the body can lead to accelerated aging and tissue degeneration.
- **Made from Certified Organic Spirulina Powder** in a pristine and pollution free environment thereby assuring highest product quality.



## 3 Way Action of Well Spirulina

- 1 CLEANSE:**  
Promotes the body's natural cleansing processes.
- 2 RESTORE:**  
Compensates for deficiencies in the diet and stimulates the metabolism.
- 3 FORTIFY:**  
Boosts resistance and activates the body's natural defense mechanisms.

## Health Benefits of Spirulina

|                                |                                  |                              |  |
|--------------------------------|----------------------------------|------------------------------|--|
| Strengthen immunity            | Prevent Nutritional Deficiencies | Anti-inflammatory            | Positive Effect against Diabetes         |
| Fights Infections and Diseases | Healthy Hair and Skin            | Maintain healthy cholesterol | Protective effect towards food allergies |
| Promote Healthy Liver          | Boost Energy and Stamina         | Maintain Healthy GI tract    | Anti Cancer                              |
| Fight Stress                   | Good Source of Iron              | Pregnant and lactating women | Helps Improve Vision                     |

## Who should take Spirulina

1. **Children** who don't like or get enough vegetables and or have an imbalanced food intake.
2. **Teenagers** during their rapid growing period need sufficient nutrients.
3. **Women** who require nutrient support in day to day work.
4. **Modern busy people** who don't have the time to eat good balanced meals.
5. **Pregnant & lactating mothers** who need extra nutrients.
6. **Seniors & Aged** who need to maintain their health during midlife and old age.
7. **Sport lovers or Athletes** who need extra nutrients to keep their energy levels up.
8. **People** who need high volumes of nutrients to assist recovery.
9. **Vegetarians** who require extra nutrient sources.

## Composition

Each capsule contains – Spirulina (Arthrospira platensis): 500 mg

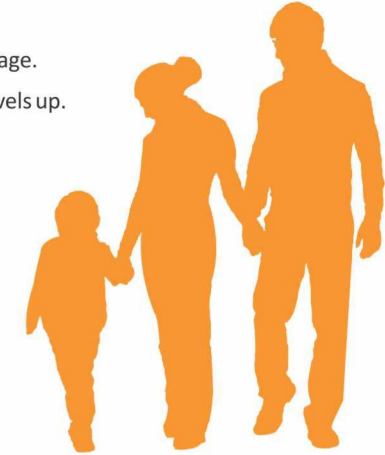
## Suggested Use

One capsule twice daily after meals or as directed by the Physician

## Advisory

Suitable for children above 2 years

Children who have problem in consuming the capsules can open the capsule and mix the powder with the buttermilk/jaljeera.



## Organic Certifications for Spirulina Powder

|   |   |  |
|---|---|--|
| <br>Meets USDA -NOP, USA | <br>Meets Naturland Organic Standards, Germany | <br>Meets Ecocert Organic Standards, France |
|---|---|--|

Well Spirulina is made from Organic Spirulina Powder that is made from natural substances, which in turn have been grown avoiding the use of artificial chemicals, synthetic fertilisers and pesticides.