

# Blue Green Algae

Aphanizomenon Flos-Aquae

Blue Green Algae (AFA, Aphanizomenon Flos-Aquae) one of the most nutrient-rich abundant whole green foods known to man.

## Applications:

Dietary supplement, functional foods, beverages and smoothies. Can easily be mixed in with food.

H & A's Blue Green AFA Algae is from a river valley, home to a vast amount of wild flora and algae species that habitat in its oxygen rich waters.

## Nutrient dense

As one of the most concentrated foodstuffs available, blue green algae contains 20 antioxidant, 68 minerals and 70 trace elements, all amino acids and important enzymes. It is a rich source of vegetarian protein. It can very well be considered as a superfood, offering maximum of important micronutrients and minimum calories.



Blue green algae supports physical and mental fitness as well as to help compensate for deficiencies in trace nutrients. Together with the amino acids, blue green algae gives us the gift of B Vitamins, which have a critical function in the energy metabolism of brain and nerve cells.

## Bioavailability of blue green algae

The bioavailability of H&A's blue-green algae is 98% meaning 98% of the substances it contains are absorbed by your gastrointestinal tract and used for metabolic purposes in your body.



Available in capsules, tablets and bulk powder form.

H & A's Blue Green AFA Algae is certified organic and Kosher.



**H & A (Canada) Inc.**

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