



Mothers Milk and ENERGYbits® Spirulina Virtually the Same Nutritional Profile

For many years, there has been a growing body of scientific evidence that spirulina algae (ENERGYbits) is the most nutritionally dense food in the world, rivaled only by mother's milk.

In fact, spirulina and mother's milk are known to be the only two foods you could live on forever. Both are loaded with Omega 3 and GLA fatty acids which are critical for brain health and growth; both contain essential vitamins and minerals; and both have the highest known concentration of protein –all in the form of amino acids (which are what comprise proteins). There are 22 amino acids of which 8 are considered essential. Not only do both spirulina algae and mother's milk contain all 8 essential amino acids (which makes them a complete protein), remarkably, they both contain all the same 17 amino acids.

Mother's milk has always been considered the world's "perfect food" because of its rich and well balanced nutrient profile. The discovery we have made at ENERGYbits is that this same rich nutrient profile is shared by ENERGYbits spirulina algae. Not only does our spirulina algae contain ALL the same amino acids as mother's milk plus one extra one), the proportions of each of these amino acid is virtually identical. This is a stunning revelation.

By connecting these dots, it appears that both ENERGYbits spirulina and mother's milk can thus both be considered the world's only "perfect" foods – an honor previously by mother's milk.

TWO KEY PIECES OF BACKGROUND INFORMATION

1. In 1974 the United Nations held a conference about spirulina algae and declared it to be not only the most nutritional dense food in the world but also the answer to world hunger.

2. In Japan, when premature babies are born and they can't digest mother's milk, they are fed algae dissolved in water since it is the only thing that keeps them alive. Nothing else works.

Both of these facts have been in the public domain for forty years but until now, no one has made the connection that the reason why spirulina is so nutritionally dense and the reason why it can keep babies alive is because it's nutrient and amino acid profile is virtually identical to mother's milk – the world's perfect food.

THE SUPPORTING RESEARCH

The amino acid profile of mother's milk is supported by research that dates back to 1944 when a scientist at a research lab called SMA identified all the individual amino acids in mother's milk and the percentage concentration of each individual amino acid. Catharine Arnston, the CEO and Chief Scientific Officer at ENERGYbits, compared this 1944 research to the amino acid profile of ENERGYbits spirulina algae and found the amino acids were not only virtually identical, they were also virtually identical in the same proportions. This ground-breaking discovery helps explain why spirulina algae like ENERGYbits provides so much energy and nutrition for your body, health, brain and athletic activities at all times and for all ages.

SUMMARY

In short, taking spirulina algae every day is like having access to mothers' milk and since the medical community is unanimous in its agreement of the importance of mother's milk for a baby's health and growth, taking ENERGYbits spirulina every day offers the same benefits for athletes, adults, students, children and seniors. Pets too. Our spirulina algae tabs (ENERGYbits) are the easiest, safest, most nutrient dense way to ensure your body and brain always get the nutrients they need for peak performance and longevity. Even better, ENERGYbits is available to everyone and you can buy yours at [Greenfield Fitness Systems](#).

We hope you will add Mother Nature's "other perfect food" to your daily routine so you can start benefiting from endless health, vitality and energy, all naturally. And who knows, you might even sleep like a baby!