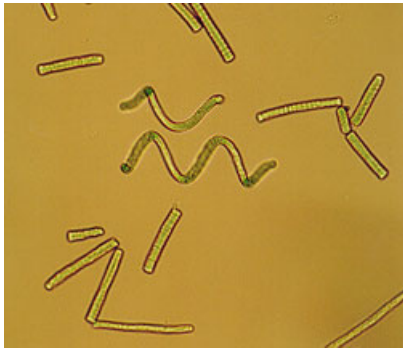


# New study backs Spirulina's positive impact on immunity and anaemia

A new study has shown that multi-nutrient, Spirulina, may be the ideal supplement to boost immunity and counter anaemia, particularly in those over 50 years old.



Spirulina (Image: Wikimedia Commons)

A recent 12-week clinical trial involving 30 subjects over 50 who took Hawaiian Spirulina Pacifica, produced by Cyanotech (which also produces Marcus Rohrer Spirulina), found improved immune blood markers in the majority of participants.

Spirulina is a tiny spiral shaped blue-green algae that has been scientifically shown to be one of the most powerful nature-based sources of nutrition available.

The trial was undertaken by leading immunology researcher M. Eric Gershwin, MD, a team of scientists from University of California Davis, and Cyanotech. Hawaiian Spirulina was administered to 30 subjects over age 50 for 12 weeks and key blood chemistry markers were measured at 0, 6 and 12 weeks.

The study found a steady increase in haemoglobin in both sexes with women benefiting more rapidly. The study also found improved immune blood markers in the majority of subjects.

## Spirulina ranked top

"This study suggests that Spirulina supplementation may be a logical, nutritional approach for people 50 and older who are often subject to weakened immune systems and anaemia," said a statement from Cyanotech. "With the world population rapidly aging and record increases in the 50+ age demographic, Spirulina seems to be the single most important supplement for anyone born before 1960," the statement added.

The *AARP Magazine* (claimed to be the world's largest circulation publication) has ranked Spirulina "the #1 supplement to add years to your life."

In South Africa, Marcus Rohrer Spirulina is marketed and distributed by OTC Pharma SA. Maria Ascencao, CEO of OTC Pharma SA and international marketing director of OTC Pharma International, said the latest research backed *AARP Magazine's* endorsement of Spirulina.

"Spirulina's vast array of additional benefits for cardiovascular, eye and brain health, its anti-viral and anti-carcinogenic properties, combined with the immune-building and anaemia-preventive properties, further validated in this research, all corroborate AARP Magazine's position."

Marcus Rohrer Spirulina is available at health shops, independent pharmacies, Dis-Chem, Clicks, Pick n Pay, Medi-Rite and Springbok Pharmacy.

For more information, go to [www.spirulina-mr.com](http://www.spirulina-mr.com) or [www.otcpharma.co.za](http://www.otcpharma.co.za).

Contact OTC SA's responsible pharmacist Giulia Criscuolo on [giulia@otcpharma.co.za](mailto:giulia@otcpharma.co.za) or call 0861-998880.

For more, visit: <https://www.bizcommunity.com>