



SPIRULINA VS CHLORELLA IS ONE BETTER THAN THE OTHER?

Two amazing Superfoods. How are they different from each other? Is one better than the other? Let's explore.

Spirulina

What exactly is Spirulina? It is blue-green algae, a spiral formed microalgae that grows in fresh water. It is very nutrient dense. It is also known as cyanobacteria (a beneficial microbe). Approximately 60% of spirulina is protein. The protein in it is very similar to animal protein, but without the saturated fat.

Spirulina is harvested and extracted in various ways, depending on how the harvester wants to provide the product to the public and the benefits they will promote.

In addition to protein, spirulina contains beta carotene, gamma linolenic acid, arachidonic acid, B vitamins, iron, calcium, phosphorous, nine essential amino acids and ten non-essential amino acids, nucleic acids RNA & DNA, chlorophyll, phycocyanin, magnesium, copper, and vitamins A, K & E.

Since both spirulina and chlorella are highly nutritious they are used by many people around the world to combat malnutrition, as well as in animal food to provide more nutrients and prevent deficiencies.

Chlorella

Chlorella is a species of single celled green algae that grows in fresh water. Chlorella has a very

similar nutrient profile to spirulina. It contains protein, beta carotene, gamma linolenic acid, arachidonic acid, B vitamins, iron, calcium, phosphorous, amino acids, nucleic acids, magnesium, vitamins A, K & E and more. A few nutritional differences would be that chlorella is significantly higher in iron, vitamin A and zinc. It provides moderately or slightly more phosphorus, B2, omega 3 fat, and magnesium. However chlorella does not contain any copper.

Both spirulina and chlorella are very high in antioxidants and have been proven in studies to have a significant affect in lowering DNA damage and oxidative stress among participants.

Chlorella is very high in chlorophyll and is used widely as an effective detoxifying agent. It is able to eliminate a variety of toxins from the body, including heavy metals, dioxins, chlorinated aromatic compounds such as PCBs and more.

Both of these superfood cousins are packed with nutritional benefits. However, it seems Chlorella does have the edge on Spirulina when it comes to some of the nutrient levels—except for copper. If you are copper deficient, then spirulina may be the better choice.

As with all foods and superfoods, it is smart to investigate the food to check for possible safety cautions, allergens and anything else you should know about them before starting on them. ♦