

## **References to Research on Micro Algae (Spirulina, Chlorella, Blue-Green Algae, and Marine Phytoplankton)**

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### **A. Edible Microalgae Health Research**

"Following as a summary of some of the research that has been done over the years on the nutritional and healing properties of microalgae. The research covers several types of microalgae such as spirulina, chlorella and Aphanizomenon flos-aquae as well as marine phytoplankton. It is very evident that the algae and plankton from the oceans and lakes of the planet provide the fundamental nutrient source for all life. Marine phytoplankton in particular is the very basic cornerstone of the food chain. It is phytoplankton with its remarkable ability to transform carbon dioxide, minerals and water into the proteins, carbohydrates and essential fatty acids upon which all of life depends; from the tiny zooplankton which feed the krill, which feed the whales and other marine life and ultimately which feeds man. Phytoplanktons are so tiny that they can only be seen under a powerful microscope, yet collectively they form the bulk of the food on the planet. These tiny microscopic cells of marine phytoplankton are a perfect balance of the essential nutrients necessary for life, and unlike many land based plants, they are totally bioavailable."

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