

## Why is algae so important for everyone to take?

Algae has been used by tens of millions of people in Asia for over 50 years. Even Olympic athletes and NASA astronauts rely on algae for their nutrition and energy needs. Algae meets all FDA requirements and has been sold in the USA for four decades yet still remains virtually unknown to mainstream America. Our Boston-based nutrition company called Bits of Health Inc. is changing that by finally making algae easy to take and easy to understand. We sell it in bite sized “bits” that are swallowed or chewed by the handful. When you take our algae bits every day, they contain so much nutrition, that you can likely throw away all your other vitamins. This is because algae contains 1,000 times more nutrition than anything else in the world (and the highest concentration of protein in the world). They are perfect for athletes or active consumers who need to eat nutritionally dense food due to rigorous work, training and travel schedules. NASA feeds algae to their astronauts, because as this quote explains, **“One gram of algae has the nutrition of 1,000 grams of fruits and vegetables.”** If algae can keep astronauts in space healthy and energized, just imagine what it can do for you.

**Here is why our algae will help everyone improve their health and energy:**

ENERGYbits<sup>®</sup> and SKINNYbits<sup>®</sup> algae bits are both 100% organically grown spirulina algae. Their health benefits have been scientifically documented for over fifty years. A daily handful of ENERGYbits<sup>®</sup> or SKINNYbits<sup>®</sup> (30 tabs) will give adults all the nutrition and protein they need for the day, boost their energy and remove brain fog. Athletes will likely need 2-3 times more than this due to their intense physical training and endurance needs. It also helps lower blood pressure and cholesterol, helps reduce the risk of heart disease, balances blood sugar, helps reduce anemia and curb hunger and has been found to help correct brain related disorders, depression and more. ENERGYbits<sup>®</sup> and SKINNYbits<sup>®</sup> have just ONE ingredient - spirulina algae. They are 64% protein (the highest concentration of protein in the world), have the highest concentration of antioxidants in the world, the highest concentration of beta carotene in the world, the second highest concentration of Omega 3 (second only to mother’s milk), and contain 40 vitamins and minerals despite having only ONE calorie per tab.

RECOVERYbits<sup>®</sup> are 100% organically grown chlorella algae. Their health benefits have been scientifically documented for over fifty years. A daily handful of RECOVERYbits<sup>®</sup> (30-60 tabs) will help prevent colds, build your immune system, help prevent chronic illness (such as cancer or diabetes) remove daily toxins and pesticides (and more serious toxins like mercury), act as an antibacterial agent more. Everyone wants to prevent colds and illness. This is the natural way to do it. RECOVERYbits<sup>®</sup> detoxifying abilities have even been shown to prevent hangovers when taken after drinking alcohol. Chlorella has the highest concentration of RNA/DNA in the world (which rebuilds cells) so it is referred to as mother nature’s “fountain of youth.” RECOVERYbits<sup>®</sup> have just ONE ingredient - chlorella algae which is 60% protein, has the highest concentration of chlorophyll in the world, introduces oxygen to the body and has been removing toxins naturally since 1948 when it was first used to heal Japanese of radiation poisoning from the Hiroshima bomb.

Note however, that algae is NOT a supplement, it is FOOD. Only in America is there confusion about this. Here’s the difference. Supplements are made in labs (usually with artificial ingredients). Food is grown and harvested in nature. Our algae is grown organically and harvested, just like other crops. It is then air dried (to preserve all the enzymes) and packed into bite sized “bits” that you can swallow or chew like a handful of nuts. Most people **swallow** our algae bits because they taste very “green” and are an acquired taste. But these “bits” of food provide so much energy and nutrition that many people end up eating them. They’re an excellent snack or “mini meal” for athletes, fitness enthusiasts or anyone on the go. They are the healthiest, fastest, most natural way to stay energized and focused especially when engaging in strenuous or arduous mental/physical activities. They contain NO sugar, caffeine or chemicals and virtually no calories either. In short, algae is Mother Nature’s gift that will likely restore or improve the health and energy of everyone. Thank you for trying them and for spreading the word! Please visit our websites to learn more or to purchase yours.

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