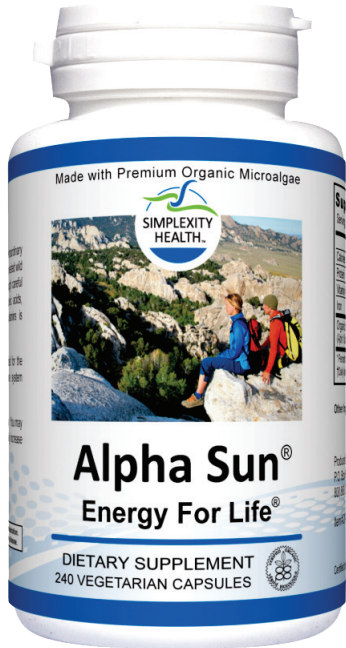


## The Four Building Blocks of Functional Nutrition



120 Vegetarian Capsules  
USA Item #21-100

240 Vegetarian Capsules  
USA Item #21-103



120 Tablets  
USA Item #21-110

240 Tablets  
USA Item #21-113

480 Tablets  
USA Item #21-116



# Alpha Sun<sup>®</sup>

## Energy for Life



All of our products are designed to effectively address the body's need for one or more of the **Four Nutritional Building Blocks of the Functional Nutrition Health Model**. Alpha Sun<sup>®</sup> belongs to the **Nourish with Superfood Nutrition** building block.

It is one of our premier 'flagship' organic microalgae nutritional products. Some of the health benefits and key product attributes include:

- ◆ *The original ancient superfood!*
- ◆ *Nutritionally supports immune system functions*
- ◆ *Promotes biomodulation to enhance overall physical and cognitive performance*
- ◆ *Helps maintain healthy cholesterol levels that are already within normal limits*
- ◆ *Contains a vast array of micronutrients for physical well-being*
- ◆ *Easy to digest and assimilate*
- ◆ *Provides nutritional assurance for the entire body*
- ◆ *Certified kosher*
- ◆ *Suitable for pets too!*

Organic certified Alpha Sun<sup>®</sup> is the whole microalgae, which provides **essential fatty acids**, proteins, complex sugars, vitamins, minerals, and all 20 amino acids. Because its cell walls are composed of peptidoglycan (carbohydrates and peptides), lipids (oils), polysaccharides (sugars) and proteins, Alpha Sun<sup>®</sup> provides an easily digestible natural complex that is critical for the health and vitality of our tissues and cells. A natural source of omega-3 and omega-6 fatty acids,\* Alpha Sun<sup>®</sup> also helps sustain healthy cholesterol levels.

Microalgae should be handled properly. If it is exposed to heat during harvesting, transport, or processing, it can quickly lose some of its nutritional value. We harvest the algae, immediately chill it, and then blast freeze it until it's ready to be dried. The system we use for drying the algae is a low temperature, organic- and kosher-certified process that preserves the natural vitamins, enzymes, and other phytonutrients while also protecting fragile botanical essences. Testing indicates that this proprietary drying system is especially effective for preserving the microalgae's heat-sensitive components such as **chlorophyll** and enzyme content.

### Nature's Extraordinary Gift

Algae is the basis of the entire food chain—the foundational nutrient source for creating and renewing all life on earth. *Aphanizomenon flos-aquae* (AFA) is the crème de la crème of all algae, one of the planet's most powerful ancient foods, a **premium species**. Tucked away in the Cascade Mountains of southern Oregon, USA, and fed by a network of mountain streams and springs, anchored in deep volcanic soil and 35 feet of mineral-rich sediment, Upper Klamath Lake is one of nature's most miraculous and abundant nutrition resources of AFA. This single-celled organism is richly endowed with a vast array of easily assimilated micronutrients and its recognized benefits are backed by years of **research** and studies from world-renowned algae scientists.



## Supplement Facts

Serving Size: 4 capsules

	Amount Per Serving	% Daily Value*
Calories	5	
Protein	less than 1 g	
Vitamin A	1523 IU	30%
Iron	.7 mg	3%
Organic Microalgae ( <i>Aph. flos-aquae</i> )	1 g	†

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

### Ingredients:

**Alpha Sun Capsules:** Blue-green algae (*Aph. flos-aquae*), vegetarian capsules (plant fiber, water).

**Alpha Sun Tablets:** Blue-green algae (*Aph. flos-aquae*), croscarmellose sodium, magnesium stearate.

**Suggested Use:** 4 capsules/tablets, or as needed, each day. You may wish to start by taking one with meals and gradually increase based on your individual needs.

Keep in a cool, dry place.

**Certifications:** Organic, Kosher, and Halal.



*"I am living proof that Alpha Sun® microalgae, when eaten a half hour before each meal, will help keep the body active and healthy. On my next birthday, I will be eighty. I have eaten this great food since 1995. About three years ago, after not purchasing any algae for six months, I decided to order two bottles of Alpha Sun in the 240-capsule size. The algae arrived within three days. I started eating six capsules a day. By the time I had emptied the two bottles, I felt vital and energized and fit. My dog likes the algae too!"—Henry*

Testimonials [www.simplicityhealth.com/emails/voices/vff\\_sbga.html](http://www.simplicityhealth.com/emails/voices/vff_sbga.html)

Abstracts to research on AFA [www.simplicityhealth.com/associatenew/technical/research\\_abstracts.html](http://www.simplicityhealth.com/associatenew/technical/research_abstracts.html)

Scientific references [www.simplicityhealth.com/associatenew/technical/sci\\_references.html](http://www.simplicityhealth.com/associatenew/technical/sci_references.html)

AFA—Earth's First Food [www.simplicityhealth.com/associatenew/specsheets/sbga.pdf](http://www.simplicityhealth.com/associatenew/specsheets/sbga.pdf)

**For more information please contact:**

### ELEMENTS AND TRACE ELEMENTS

	Amount per Serving (1 g)
Calcium***	8.5 mg
Chloride	2.0 mg
Chromium	1.2 mcg
Copper	10.5 mcg
Iron	0.7 mg
Magnesium	1.8 mg
Manganese	31.2 mcg
Molybdenum	4.7 mcg
Phosphorus	4.7 mg
Potassium	10.6 mg
Selenium	0.4 mcg
Sodium	2.5 mg
Zinc	12.1 mcg

### VITAMINS

	Amount per Serving (1 g)
Vitamin A (beta carotene)	1523.0 IU**
Thiamine (B1)	19.0 mcg
Riboflavin (B2)	44.9 mcg
Pyridoxine (B6)	14.6 mcg
Cobalamin (B12)	3.7 mcg
Ascorbic Acid (C)	0.4 mg
Niacin	0.4 mg
Choline	1.3 mg
Folic Acid	0.6 mcg
Pantothenic Acid	3.1 mcg
Biotin	0.2 mcg
Vitamin E	1.0 IU**
Vitamin K	47.7 mcg

### AMINO ACIDS

(Essential in Diet)	(Not Essential in Diet)
Arginine***	Asparagine
29.0 mg	49.0 mg
Histidine***	Alanine
9.0 mg	39.0 mg
Isoleucine	Glutamine
25.0 mg	78.0 mg
Leucine	Cystine
43.0 mg	3.0 mg
Lysine	Glycine
29.0 mg	23.0 mg
Methionine	Proline
9.0 mg	20.0 mg
Phenylalanine	Serine
21.0 mg	25.0 mg
Threonine	Tyrosine
29.0 mg	16.0 mg
Tryptophan	Aspartic Acid
6.0 mg	46.0 mg
Valine	Glutamic Acid
29.0 mg	49.0 mg

Essential Amino Acids: 49.1 %

Not-Essential Amino Acids:  
50.9 %

\*\* International Units

\*\*\* Important for children's  
growth

### General Composition

Protein	50-60%
Carbohydrates	26-30%
Total Fat	4-6%
Total Dietary Fiber	5-8%
Minerals	6-7%
Cholesterol	<1 mg

### Sugar Profile

Glucose	19.4 mg
Fructose	0.5 mg
Maltose	5.6 mg
Sucrose	0.8 mg
Total Sugars	26.2 mg