

## Spirulina or Chlorella? Let a microalgae dietitian tell you!

Nowadays people have little time to eat and turn to fast food for conveniences. A lot more people suffer from irregular sleeping schedule and never have the sufficient energy to exercise. Anyone who eats unhealthily, lack exercise and suffer from insufficient sleeping may very easily become unhealthy.

In fact, It is mostly due to daily intense pressure that undermines the willingness to pursue for a healthy mind and body. Gradually people are not providing their bodies holistic nutrient which leads to losing their ability to cope against stress, and results in getting sick easily from aggregated anxiety.

Superfood is a nutrient dense food with various health promoting properties. Some are packed with nutrition, other superfoods have special properties that make them highly beneficial for certain purposes. Basically, a superfood can provide one with more essential nutrients and synergistic benefits than eating 6 basic nutrient foods alone.

Dietitians who specialize in microalgae nutrition recommends taking spirulina in the morning and chlorella in the evening for the following reasons:

1. Spirulina in the morning can replenish the body's need of vitamin B group, enabling one to have an energetic day.
2. Spirulina in the morning can stabilize one's mood by supplying enough nutrients, enabling them to have a smooth day at work.
3. Spirulina in the morning can replenish B12, which helps the body stay in top form, vitalising the skin and provide excellent energy.
4. Taking chlorella in the evening, the rich dietary fibers can assist with digestion during sleep and facilitate defecation the next day.
5. GABA (brain's natural calming agent) found in Chlorella is able to assist with a good night sleep, enabling a good night's rest after a hard day of work.
6. After exposing to a full day of toxins or pollutants from the city life or environment, chlorella in the evening helps to detoxify!

To cope with sleeping disorder or many other health problems, the fundamental step is to take enough nutrients for a healthy body. Spirulina in the morning prepares one with well-balanced nutrients and better energy for a better mood. Chlorella in the evening provides rich dietary fiber to promote the bowel movement while enjoying a good night sleep.

### About FEBICO

Our company, FEBICO (Far East Bio-Tec co., Ltd.), is a professional microalgae producer and biotech research company with over 3-decade experiences based in Taiwan. FEBICO has been supplying quality microalgae and nutraceuticals to the nutritional and functional supplement, cosmetic and research companies throughout North America, Europe and Asia. FEBICO is a GMP and ISO 22000 certified manufacturer and has received numerous governmental awards and organic certificates from Germany, US, and Taiwan. FEBICO is the only company in the world that uses clean mountain spring water to cultivate

microalgae.

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