

SOLAR STRIPS - Marine Phytoplankton Nutritional Composition

Element	Description	Promotes	Lacking element may increased risk of:
Alanine	Amino acid	Forms proteins Muscle formation Immune system Eliminates excess toxins from the liver Adequate glucose levels	Hypertension Diabetes type II Free radical Blood sugar
Arginine	Amino acid	Immune system Liver detoxification Creation of new muscle Healthy skin Healthy joints Metabolism	Arthritis Toxic liver Slow metabolism
Asparagine		Immune system Brain energizer	
Aspartic Acid	Amino acid Also know as L-Aspartate	Important role in the citric acid cycle Important role in the krebs cycle Cellular energy Healthy RNA and DNA Immune system Brain energizer	Chronic fatigue Depression
Beta Carotene		Immune system Better digestion Improve vision Protects cornea Free radical defense	
Bioflavonoids		Immune system Skin toxin remover	
Biotin		Promotes better hair	
Boron	Trace mineral Promotes absorption of other important nutrients	Stronger bones Mental clarity Cardiovascular health Calcium absorption Enhance lean muscle mass Help for menopausal symptoms	Decreased levels of other nutrients: vitamin d, calcium, copper, and magnesium Osteoarthritis Prostate cancer
Calcium	Mineral	Stronger bones, teeth, and connective tissue Calms nerves Improves cholesterol levels Healthy digestion Helps nerves pass messages to heart and other muscles Normal blood clotting Helps prevent high blood pressure Prevention of colon cancer	Osteoporosis Hormonal problems
Chlorophyll		Better digestion	
Chromium	Mineral 90% of population is deficient in chromium	Helps moderate diabetes Control insulin Cardiovascular support	Diabetes

		Boost levels of DHEA	
Cobalt		Repairs nerve cells	
		Production of red blood cells	
		Arthritis relief	
		Production of red blood cells	
		Cardiovascular protection	
		Skeletal and nervous system protection	Arteries hardening
Copper	Mineral	Production of powerful antioxidant superoxide dismutase	Gray hair
		Healthy skin and hair	Cardiovascular disease
		Melanin production: (skin, hair, and eye colors)	Arthritis
		Prevents aneurysms	Osteoporosis
		Promotes collagen	
Cysteine		Carcinogens detox	
		Helps kidneys	
Electrolytes		Elimination of toxic wastes	
Fluorine		Healthy teeth	
		Bone density	
Folic Acid		Mental focus	
		Prevents anemia	
Germanium			Epstein-Barr virus
Gamma Linolenic Acid		Lowers cholesterol	
		Reduces alcohol cravings	
		Reduces sugar cravings	
		Brain activity	
Glutamic Acid	A neurotransmitter also called glutamate	Helps correct personality disorders	
		Useful for childhood behavioral disorders	
		Helps for epilepsy treatment	
		Increases mental focus	
		Muscle building and maintenance	Chronic fatigue
Glutamine	Amino acid	Removing ammonia from liver	Lower immune system functions
		Healthy central nervous system	Arthritis rheumatoid
		Better mood	Scleroderma
		More Energy	
		Free radical defense	Lack of balance and coordination
Glutathione	Antioxidant	Immune system	Mental disorders
		Protects vision	Tremors
		Energy creation	Atherosclerosis
		Prevents build-up of oxidized fats	
Glycogen		Physical stamina	
Histidine		Nutrient absorption	
		Removes toxic metals	
Iodine		Regulating body weight	
Iron	Trace mineral	Emotional health	Growth deficiency on children

	Needed to make hemoglobin It's the most common deficiency throughout the world	Prevents anemia Physical energy Red blood cells Muscle health Blood oxygenation	Anemia Dizziness Shortness of breath Headache Fatigue Irritability
Isoleucine		Muscle creation Liver repair	
Lecithin		Dissolving cholesterol Short term memory	
Leucine		Reduce hypoglycemic symptoms	
Linoleic Acid		Prevents viral infections	
Lysine		Bone density	Osteoporosis
		Tranquility Reduces migraine headaches Antistress Helps to prevent formation of blood clots	
Magnesium	Mineral	Cardiovascular health Prevents complications related to diabetes Anti-aging properties and longevity properties	Mood swings
			Osteoporosis Poor absorption of vitamins
		Joint mobility Free radical defense Digestion Bone structure Reduce fatigue levels Memory Improve thyroid functions	Infertility Weakness Seizures Atherosclerosis Confusion Muscle contractions Eye problems Memory loss
Manganese	Antioxidant Helps convert protein and fat to energy		
Methionine		Enhances memory Better mood Removes heavy metals	
			Osteoporosis
			Poor absorption of vitamins
			Infertility
			Weakness
			Seizures
			Atherosclerosis
			Confusion
			Muscle contractions
			Eye problems
			Memory loss
Molybdenum	Trace mineral Found in all tissues in the body: bones, teeth, kidney, and liver Helps use iron reserves Helps to burn fat	Longevity	Body development problems Anemia Tooth decay Impotence
Niacin	Vitamin B3	Reduces stress Lowers cholesterol Assists in reversing arteriosclerosis	
Nickel		Cellular growth Memory enhancements Flexibility of cell membrane	
Omega 3	Fatty acid	Helps to lower cholesterol Cardiovascular support Relief for arthritis symptoms	
Omega 6	Fatty acid	Skin tone improvement Cardiovascular support	
Pantothenic	Vitamin B5	Relief for arthritis	

Acid		symptoms Reduces toxicity frm alcohol Free radical defense	
Phenylalanine		Mental clarity Reduces sugar cravings	
Phosphorous		Healthy teeth Help for bone repair Reduces hypertension Controls blood pressure	
Potassium	Mineral	Nerve and muscle functions Allergies treating	Hypoglycemia
Proline		Increases learning ability Cartilage repair	
Pyridoxine	Vitamin B6	Immune system Relieves PMS	
Riboflavin		Energy booster Free radical defense Eye and vision	Eye fatigue
RNA		Mental focus	
Selenium	Mineral	Immune system Relieves anxiety	
Serine		Skin health and beauty	
Silicon		Skin health and tone	
Sodium			
Superoxide Dismutase	SOD	Free radical prevention	
Substance P		Mental focus	
Thiamine	Vitamin B1	Energy increase Mental attitude Stress reliever	
Theonine		Immune system Skin tone	
Tyrosine		Emotional health Mental clarity Memory	
Valine		Muscle building	
Vanadium		Control blood sugar levels	
Vitamin B12		Physical energy Mental focus Nervous system repair	
Vitamin C		Gums health Reduces risk of cancer Common cold	
Vitamin E		Immune system Healthy nerve tissue	
Zinc		Prostate health Immune system Acne Memory Common cold symptoms	

Taking one Solar Strip a day delivers ca 37mg of 100% bio-available nutrition straight into your blood stream - the best and easiest way to support your health daily. If you have any health-challenges you might need to take 2 a day.

To purchase your SOLAR STRIPS visit www.ellenbendin.fgxp.com or call me on +61 (0)406 971 387