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Blue Green Algaeâ€¦ in its Native Crystal Form by Riley Poole

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What do you think of when you hear the phrase â€œblue-green algaeâ€•? Does it seem strange? Useless? High in nutrition? Phytoplankton? Chlorophyll? People tend to have a host of associations with blue-green algae, and sometimes with the â€œKlamath Lakeâ€• adjective or source that is often connected with this in the consumerâ€™s market. This article will spend time looking at what blue-green algae is, and what, in particular, Klamath Lake algae is. We arenâ€™t dealing with probioticsâ€”the famous probiotic acidophilusâ€”although the health benefits are similarly impressive with blue-green algae. We are dealing with a small water-bound plant.

Klamath blue green algae is actually one of the most nutrient dense foods on the planet. It is full of glycol-proteins, vitamins, minerals, carbohydrates, lipids, and biologically active plant-based enzymes. The algaeâ€™s cell wall is also remarkably soft compared to many other plants, so its nutrients inside become readily available to the human body. Only a small amount of energy is needed by the body to take in the nutrients from Klamath lakeâ€™s algae.

It may be of interest to know the classification of blue green algae. It belongs to the phylum â€œCyanophyta,â€• to the class â€œMyxophyceae,â€• to the order â€œNostocales,â€• to the family â€œ genus â€œAphanizomenon,â€• and to the species â€œFlos-Aquae.â€• This describes its history and relati Klamath Lakeâ€™s blue green algae has a complete nutritional profile and it is available in easy capsule shapes or powders, which makes it even more perfect.

If you were to combine a supplement of probiotics along with the blue-green algae, you would likely find yourself feeling quite a bit different, uplifted, lighter. You would be getting all the nutrients you need in a natural form, and you would have even more assistance moving the nutrients through your system and absorbing them than you already had. The job is light, but you would be able to really give your bodyâ€™s digestive system a rest. There are many online dealers who are able to provide supplements of blue green algae along with probiotic acidophilus, and other probiotics, so that people can optimize their health rather simply.

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