

A Review on Spirulina (Arthrospira Platensis) Super Food for Future

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Abstract: *The blue-green algae spirulina, also known as arthrospira, sprang to fame after NASA employed it effectively as a food supplement for astronauts on space missions. About 60% of the protein in spirulina comes from 12 different vitamins and at least 8 minerals. As a result, spirulina is a super food and offers a wide range of advantages. It has the capacity to regulate immunological processes and demonstrates anti-inflammatory characteristics by preventing mast cells from releasing histamine. Several randomised controlled trials and systematic reviews have been conducted to examine the effectiveness and potential clinical uses of spirulina in the treatment of various diseases. The results of these studies suggest that this alga may improve a number of symptoms and may even have anticancer, antiviral, and antiallergic properties. potential and current clinical applications.*

Keywords: Spirulina Arthrospira platensis, Nutritional use, Dietary supplement, Super Food

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