

Why Sportspeople need Spirulina?

In order to be able to perform above and beyond their potential, sportspeople and those engaged in rigorous physical activities need a nutrient rich diet as well as a variety of potent supplements which diet alone does not eventually provide. Spirulina, surprisingly, is a natural support that has all they need, only much more! It contains this whole wide range of vitamins, minerals as well as natural antioxidants which increase their immunity and keeps them going through those tough times of training and tests.

Amazing nutrient stock

Besides, Spirulina is also rich in beta-carotene, iron, calcium and proteins, while exhibiting some of the most amazing anti-inflammatory properties. The presence of all the eight essential amino acids, which the body is usually unable to synthesize on its own, is what makes spirulina all the more sought after energy supplement, especially by those looking at attaining muscle strength and increasing their muscle function.

Natural fitness support

These blue - green algae, that's actually a Cyanobacteria, is also one of the most natural sources of polyphenols required by our body to bring down any damage done by free radicals present in our body. At the same time, the presence of Phycocyanin helps in combating oxidation and the associated side effects. These are known often known to be faced by those engaged in regular workouts and strenuous physical activities. As the men and women interacting proficiently in Sports activities need something natural and effective, that helps recover the everyday wear and tear of muscles, and hence, the need for spirulina.

More in energy, less in calories!

Besides, athletes are also always on a constant lookout for something for that helps build a strong stamina as well as an endurance they can rely on, all through the period of their practice and the time of actual performance. Spirulina, besides providing that, is also a very good option for those looking at naturally increasing their energy levels and their overall vitality. Whereas the nutritional density of this plant extracts rates extremely high and that too most readily in a bio-available form, it is just as low when it comes to its calorie count. That is what makes Spirulina a healthy and highly recommended option for those not wanting to put on any additional weight.

Precludes exhaustion and muscle fatigue

Not only that, spirulina is also known to provide a variety of side benefits, such as building mental agility, promoting digestion, aiding weight loss and weight maintenance, preventing hunger pangs, strengthening the immune system thus providing protection from allergies and infections, regulating sugar as well as blood pressure levels in our body and removing any toxins from the body. It also makes up for any deficit of nutrients in our body, and prevents exhaustion and muscle fatigue, thus allowing the sportspersons to carry on with their activities without any physical worries or woes, whatsoever.

Perfect health supplement for Athletes

Spirulina has shown recurring result with athletes achieving their optimal physical capacity in the most natural manner, apart of course from the engaging in the hard work involved. An overwhelming presence of protein in Spirulina helps in building as well as recovering muscles and aids in cell and tissue renewal. It has proved extremely efficient and actual in providing an all-round upkeep to sportspersons and athletes engaged in a variety of sports and activities across the world, across all age groups. Having realized the absolute abundance of the vast benefits spirulina has in store for us, some of the countries have dedicated vast areas for a large scale growth of the best quality spirulina, especially for their sportspersons. The spirulina extract is available commercially for consumption in two forms – powder as well as tablet. Because it is natural, completely vegetarian and has no known side effects to offer, it has turned out to be one of the best substitutes for those considering the use of supplements for better performance.

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