

סאבטקסט
מילים שקולעות

*הכתבה יועדה לשוק האמריקאי ופורסמה כאן: <http://bit.ly/38Tsxjv>

SpiruLabs Releases a NEW 100% Natural Weight Loss Supplement

Spirulite is a unique, 100% plant-based, weight loss supplement. Its active ingredients support weight loss by nourishing the body with plenty of healthy nutrients, promoting satiety, curbing hunger and cravings - all of which result in less eating and snacking, more portion control at mealtime and a balanced weight loss.

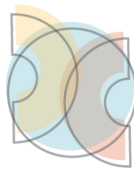
Spirulite contains no stimulants, is caffeine-free and has no synthetic ingredients or fillers. It is also GMO-free, gluten-free and GRAS (Generally Recognized as Safe) approved. In fact, Spirulite has only 4 natural ingredients, all of which are known superfoods. Combined together, they provide a holistic formula, whereby each active ingredient has a unique effect:

Spirulina microalgae: this "super-algae" has an excellent nutritional profile and various health benefits. It contains a high amount of quality, bioavailable plant protein, iron and numerous vitamins, minerals, essential fatty-acids, nutritional fiber and very powerful anti-oxidants.

Thus, spirulina concentrates a lot of nutrition and fiber in a small amount of low-calorie powder, and is very effective for losing weight, without losing nutrition. It does not contain iodine, so people with an unbalanced thyroid function can also benefit from it.

Spirulina's efficacy as a weight loss supplement is even backed up by a 2016 clinical trial, which showed that people who were overweight, suffered from hypertension and consumed spirulina regularly for 3 months, had an improved body mass index (BMI) and reduced blood pressure.

<https://www.ncbi.nlm.nih.gov/pubmed/26813468>



Spirulina may also help balance blood sugar levels, and researchers of a 2018 study, concluded that it is a promising supplement to support type 2 diabetes management.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6241722/>

Acai berries. These exceptionally healthy berries contain 19 amino acids and many antioxidants, specifically, anthocyanin which have many known health benefits. Acai is one of the few fruits that contain mono-unsaturated fatty acids that are known to promote satiety and curb hunger. As a superfood, its benefits range from improving skin appearance and fighting the signs of aging, increasing cellular energy production, activating detoxifying enzymes, improving memory and supporting heart health – effects which are mostly attributed to its anthocyanins content.

Guar gum: this water-soluble dietary fiber, extracted from natural guar beans, creates a viscous net in the digestive system, which promotes satiety for a longer time, plus it slows the absorption of fats and sugars. As recent studies indicate, guar gum is beneficial for weight maintenance, appetite control, reducing calorie intake, and in addition, for supporting digestive health and maintaining a balanced blood sugar and cholesterol level.

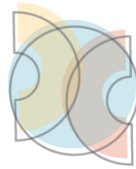
A 2015 review of three studies concluded that guar gum improved satiety and reduced calorie intake from snacking throughout the day:

<https://www.ncbi.nlm.nih.gov/pubmed/25851425>

A clinical study found that guar gum helped women lose 5.5 pounds (2.5 kg) more than women who took a placebo:

<https://www.ncbi.nlm.nih.gov/pubmed/7435246>

Linoleic acid: not only has it numerous health benefits, but this natural essential fatty acid was also demonstrated in preliminary studies to be burning fat and decreasing its formation, thus leading to significant weight loss. Additionally, the acid enables the body to inhibit cellular absorption of fat, trim body measurements and essentially increase muscle mass. Likewise, it helps improve the blood lipid profile, through reducing bad cholesterol.



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Here are just a few of the fantastic reviews that Spirulite received:

"I notice that I feel much less hungry, which definitely makes me think less about food, and allows me to be fully in control of what I eat."

"When I take Spirulite in the afternoon, it certainly helps curb my hunger and control my appetite in the evening, plus I don't snack at all, as I feel satiated throughout the evening and night."

"Spirulite has helped our family exceed their weight loss goals. Since adding this supplement, weight loss has been 2 lbs per week. It helps with controlling your appetite and gives you more energy to stay active."

It is important to note that while Spirulite will help you manage better your weight and eating habits, you will achieve best results with it while maintaining a good diet and consistent exercise.

So, if you are ready to take control of your weight, your appetite & cravings, you should definitely try Spirulite!