References to Research on Micro Algae
(Spirulina, Chlorella, Blue-Green Algae, and Marine Phytoplankton)

Topics in this document regarding Micro Algae:
A. Edible Microalgae Health Research
B. Introduction to Edible Microalgae
C. Enhanced Brain Function, Behavior, and Learning
D. Improved Immune Function
E. Antiviral, Antibacterial, and Antifungal Effects
F. Improved Cellular Repair
G. Radiation Protective Effects
H. Cancer Protective Effects
I. Detoxification Support
J. Anti-inflammatory and Antioxidant Effects
K. Improved Circulation and Heart Function
L. Allergy and Asthma Relief
M. Safety Issues

A. Edible Microalgae Health Research
"Following as a summary of some of the research that has been done over the years on the nutritional and healing properties of microalgae. The research covers several types of microalgae such as spirulina, chlorella and Aphanizomenon flos-aquae as well as marine phytoplankton. It is very evident that the algae and plankton from the oceans and lakes of the planet provide the fundamental nutrient source for all life. Marine phytoplankton in particular is the very basic cornerstone of the food chain. It is phytoplankton with its remarkable ability to transform carbon dioxide, minerals and water into the proteins, carbohydrates and essential fatty acids upon which all of life depends; from the tiny zooplankton which feed the krill, which feed the whales and other marine life and ultimately which feeds man. Phytoplanktons are so tiny that they can only be seen under a powerful microscope, yet collectively they form the bulk of the food on the planet. These tiny microscopic cells of marine phytoplankton are a perfect balance of the essential nutrients necessary for life, and unlike many land based plants, they are totally bioavailable."

B. Introduction to Edible Microalgae

C. Enhanced Brain Function, Behavior, and Learning


D. Improved Immune Function


82. Drapeau C. Increased macrophage activity observed in college basketball players eating AFA using live blood analysis. Presentation at Klamath Falls, Oregon; August 8, 1998.
"88. Krylov V et al. Retrospective epidemiological study using medical records to determine which diseases are improved by Aphanizomenon flos-aquae supplements. Submitted for publication, 2000."
E. Antiviral, Antibacterial, and Antifungal Effects


"111. Loya S, Reshef V, Mizrachi E et al. The inhibition of the reverse transcriptase of HIV-1 by the natural sulfoglycolipids from cyanobacteria: contribution of different modalities to their high potency. Journal of Natural Products. 1998; 61(7):891-5."


"117. Hayashi K et al. An extract from Spirulina platensis is a selective inhibitor of Herpes simplex virus type 1 penetration into HeLa cells. Phytotherapy Research. 1993; 7:76-80.


"120. Krylov V et al. Retrospective epidemiological study using medical records to determine which diseases are improved by Aphanizomenon flos-aquae supplements. Submitted for publication 2000.

121. Drapeau C. Results of Survey of AFA Consumers. Presentation at Klamath Falls, Oregon, August 8, 1998.


F. Improved Cellular Repair

G. Radiation Protective Effects

H. Cancer Protective Effects


"220. Patent claim filed by Dainippon Ink and Chemicals and Tokyo Kenkyukai for "Anti-tumor agents containing phycobilin — also used to treat ulcers and hemorrhoid bleeding" (1983, JP58065216-A830418)."

I. Detoxification Support


J. Anti-inflammatory and Antioxidant Effects


"272. Krylov V, Drapeau C, et al. Retrospective epidemiological study using medical records to determine which diseases are improved by Aphanizomenon flos-aquae supplements. Submitted for publication 2001."
K. Improved Circulation and Heart Function


"278. Smith D et al. Eskimo plasma constituents, dihomo-linolenic acid, eicosapentaenoic acid and docosahexaenoic acid inhibit the release of atherogenic mitogens. Lipids. 1989; 24:70-5."


"283 Conquer J, Holub B. Supplementation with an algae source of docosahexaenoic acid increases (n-3) fatty acid status and alters selected risk factors for heart disease in vegetarian subjects. Journal of Nutrition. 1996; 126:3032-9."


"299. Krylov V et al. Retrospective epidemiological study using medical records to determine which diseases are improved by Aphanizomenon flos-aquae supplements. Submitted for publication 2000."

L. Allergy and Asthma Relief

M. Safety Issues