









Yes / Positive effect












Yes / Positive Effect but with limitations



No Effect / No Data

	Algal Production	Organic Certification	Nervous System
<b>Aphanizomenon flos-aquae (AFA)</b>	AFA grows naturally in Klamath Lake, Oregon and is harvested wild. Most of the waters flowing into Klamath Lake come from natural springs. Before entering the lake this water travels through volcanic soil, providing a wide variety of minerals and nutrients.	Certified organic to USDA NOP standards. 	AFA has recently been shown to be an exceptional source of phenylethylamine (PEA). Dietary intake of PEA supports focus, mental energy and mood. 
<b>Spirulina</b>	Spirulina is grown in man-made ponds and its nutritional profile may be limited by the nutrients artificially added to the growing media.	Certified organic when grown with animal manure. 	Spirulina does not contain PEA and is not known to have an effect on the nervous system. 
<b>Chlorella</b>	Chlorella is grown in man-made ponds and its nutritional profile may be limited by the nutrients artificially added to the growing media	Certified organic when grown with animal manure. 	Chlorella does not contain PEA and is not known to have an effect on the nervous system. 

	Lipid Profile	Protection from immune cell free radicals	Mobilization of immune cells
<b>Aphanizomenon flos-aquae (AFA)</b>	In a Harvard University study, AFA has been shown to be a significant source of Omega-3 polyunsaturated fatty acids. 	The immune system is one of the main contributors to oxidation in the body. AFA has been shown to reduce the background production of free radicals by polymorph nucleated cells. 	Consumption of 1.5 g of AFA daily has been shown to stimulate the mobilization of lymphocytes B and T from lymphoid tissues and to increase the number of lymphocytes and stimulate the migration of NK cells from the blood to the tissues. 
<b>Spirulina</b>	Spirulina contains little Omega-3 fatty acids, though it is a good source of Omega-6 fatty acids. 	No data is available. 	Spirulina has not been shown to have any effect on lymphocyte mobilization. When tested, Spirulina did not show any effect on NK cell migration. 
<b>Chlorella</b>	Chlorella contains only a small quantity of polyunsaturated fatty acids. 	No data is available. 	Chlorella has not been shown to have any effect on lymphocyte mobilization. When tested, Chlorella did not show any effect on NK cell migration. 



Yes / Positive effect



Yes / Positive Effect but with limitations



No Effect / No Data

	Stimulation of macrophage activity	Phycocyanin	Stem cell growth and protection
<b>Aphanizomenon flos-aquae (AFA)</b>	AFA contains a unique polysaccharide that has been shown to stimulate macrophage activity. <input checked="" type="checkbox"/>	AFA contains 150 mg/g of phycocyanin, which has been shown to be a potent specific COX-2 inhibitor. <input checked="" type="checkbox"/>	A proprietary AFA extract has been shown to increase the growth of adult stem cells, protect stem cells from oxidative stress and stroke damage. <input checked="" type="checkbox"/>
<b>Spirulina</b>	Spirulina contains a unique polysaccharide that has been shown to stimulate macrophage activity, though the potency is roughly one-quarter that of AFA. <input checked="" type="checkbox"/>	Spirulina contains a 80 mg/g of phycocyanin, which has been shown to be a potent specific COX-2 inhibitor. <input checked="" type="checkbox"/>	No data available. <input type="checkbox"/>
<b>Chlorella</b>	Chlorella contains a unique polysaccharide that has been shown to stimulate macrophage activity, though the potency is one-half that of AFA. <input checked="" type="checkbox"/>	Chlorella contains no phycocyanin and has no specific effect on inflammation. <input type="checkbox"/>	No data available. <input type="checkbox"/>

Simplexity Health® maintains organic, kosher, and halal certifications.



*\*This information pertains only to simpleXity Health brand AFA from Klamath Falls, Oregon USA. For over 25 years we have taken great pride in the quality and integrity of our AFA by only utilizing proven and superior harvesting and processing techniques. Caution! Unless the label says simpleXity brand these comparisons may not apply. Demand the very best.*