



Spirulina in Human Nutrition and Health

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Astonishingly rich in nutrients, Spirulina is one of the most popular and well researched functional foods in the multi-billion dollar global food supplement market. This ancient species provides readily bioavailable protein along with carotenoids, essential fatty acids, vitamins, and minerals and has therapeutic applications in non-communicable disease such as diabetes mellitus, hyperlipidemia, oxidative stress-induced diseases, inflammations, allergies, and even cancer. Growing scientific and market interests demand a high-quality, comprehensive, peer-reviewed volume on all aspects of this tiny aquatic plant.

Drawing from the editors' expertise in nutrition and immunology as well as a prestigious panel of premier international researchers, *Spirulina in Human Nutrition and Health* provides the first complete compilation of the wealth of experimental data in a single accessible resource. Beginning with an introduction to the history and features of the plant itself, the book goes into great detail regarding its cultivation, handling, storage, and packaging, as well as applicable regulatory acts and organizations. It supplies explanations and reviews of studies involving Spirulina's use as a therapeutic food product and discusses its anti-oxidant profile and antioxidative and hepatoprotective properties. The book considers peer-reviewed studies on spirulina's effects on immunity, NK activation, and antibody production and highlights its role as an antibacterial and antiviral agent. The final chapters look at neurobiology and spirulina's effect on aging as well as potential interactions with pharmaceuticals or other bioavailable compounds.

Extensively detailed and heavily referenced, *Spirulina in Human Nutrition and Health* is the definitive work on this highly nutritious food source.

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Christopher Ray:

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Sharon Clayton:

A lot of people always spent all their free time to vacation or go to the outside with them loved ones or their friend. Were you aware? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity that is look different you can read a book. It is really fun for you. If you enjoy the book that you simply read you can spent all day long to reading a publication. The book Spirulina in Human Nutrition and Health it is quite good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. In the event you did not have enough space to bring this book you can buy typically the e-book. You can m0ore simply to read this book from your smart phone. The price is not very costly but this book features high quality.

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