

- Prospira is a food supplement which contains spirulina. Spirulina is a cyanobacteria composed of blue-green filaments that have been used as food by different populations for centuries. Spirulina contains proteins, essential fatty acids, carbohydrates, vitamins, minerals, carotenes, phycocyanin, and chlorophyll. Important amino acids such as Isoleucine, Leucine, Lysine, minerals such as Potassium, Calcium, Zinc, Magnesium, Selenium, Iron, important vitamins such as Vitamin A, Vitamin B1, B2, B6, B12, Vitamin E and β carotene, Chlorophyll, Carotenoids, phycocyanin are just a few of the important compounds. For this reason, prospira is a supplement where you can get all your body needs daily in one place.
 - Generally, spirulina is grown in open greenhouses, but the productivity decreases due to being affected by external factors and being unhygienic. The spirulina used in Prospira is grown in closed greenhouses, protected from external factors and without any heavy metals and toxic substances.
- Support brain and nervous system health.
 - Improve blood cholesterol values.
 - Regulates blood sugar.
 - To alleviate the symptoms of allergic rhinitis.
 - To lose weight by affecting the appetite center.
 - Supports liver functions and detoxification process.
 - To prevent oxidative damage caused by exercise and to increase muscle endurance.
 - To strengthen immune system.
 - To regulate the microbiota.
 - Detoxifies heavy metals from body.



Adults 11 years and older, 2 capsules a day recommended to take and preferably on an empty stomach.