

## Online Links to Scientific and Nutritional Studies that Confirm ENERGYbits® Algae's Benefits

Organized according to the following categories

1. Clinical Trials/Health Benefits
2. Nutritional Benefits
3. Athletic Benefits
4. Cancer Prevention/Benefits
5. General Scientific Research

### Clinical Trials/ Health Benefits:

Title: The beneficial effects of spirulina focusing on immunomodulatory and antioxidant properties

Authors: Maddaly Ravi, Sai Lata De, Syed Azharuddin Solomon F D Paul,  
Faculty of Biomedical Sciences, Technology and Research,  
Sri Ramachandra University, Porur, Chennai, India

Date Published: 2010

Link: <http://clinicacuatrocaminos.es/downloads/the-beneficial-effects-of-spirulina-focusing-o.pdf>

Title: Hypolipidemic, Antioxidant and Antiinflammatory Activities of Microalgae *Spirulina*

Authors: Ruitang Deng, Te-Jin Chow

Date Published: *Cardiovasc Ther.* 2010 Aug; 28(4): e33–e45.

Link: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2907180/#R3>

Title: Hypolipidemic, Antioxidant and Antiinflammatory Activities of Microalgae *Spirulina*

**Author:** Ruitang Deng and Te-Jin Chow

Date Published: August 28, 2010

Link: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2907180/>

Title: *Spirulina* in Clinical Practice: Evidence-Based Human Applications

Authors: P.D Karkos, S.C Leong, C.D Karkos, N. Sivaji, D.A Assimakopoulos

Date Published: *Evid Based Complement Alternat Med.* 2011; 2011: 531053.

Link: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3136577/>

Title: Antihyperlipemic and antihypertensive effects of *Spirulina maxima* in an open sample of mexican population: a preliminary report

Authors: Patricia V Torres-Duran, Aldo Ferreira-Hermosilla, Marco A Juarez-Oropeza

Date Published: *Lipids Health Dis.* 2007; 6: 33. Published online 2007 Nov 26.

Link: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2211748/>

Title: A randomized study to establish the effects of spirulina in type 2 diabetes mellitus patients

Authors: Eun Hee Lee, Ji-Eun Park, Young-Ju Choi, Kap-Bum Huh, Wha-Young Kim

Date Published: *Nutr Res Pract.* 2008 Winter; 2(4): 295–300. Published online 2008 Dec 31.

Link: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2788188/>

Title: Atherosclerosis

Authors: Aldons J. Lusis

Date Published: *Nature.* 2000 Sep 14; 407(6801): 233–241.

Link: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2826222/>

Title: Spirulina in health care management.

Authors: Kulshreshtha A, Zacharia AJ, Jarouliya U, Bhadauria P, Prasad GB, Bisen PS

Date Published: *Curr Pharm Biotechnol.* 2008 Oct;9(5):400-5.

Link: <http://www.ncbi.nlm.nih.gov/pubmed/18855693>

Title: Spirulina maxima prevents fatty liver formation in CD-1 male and female mice with experimental diabetes.

Authors: Rodríguez-Hernández A, Blé-Castillo JL, Juárez-Oropeza MA, Díaz-Zagoya JC

Date Published: *Life Sci.* 2001 Jul 20;69(9):1029-37.

Link: <http://www.ncbi.nlm.nih.gov/pubmed/11508645>

Title: Phycobiliprotein C-phycoyanin from *Spirulina platensis* is powerfully responsible for reducing oxidative stress and NADPH oxidase expression induced by an atherogenic diet in hamsters.

Authors: Riss J, Décordé K, Sutra T, Delage M, Baccou JC, Jouy N, Brune JP, Oréal H, Cristol JP, Rouanet JM

Date Published: *J Agric Food Chem.* 2007 Sep 19;55(19):7962-7. Epub 2007 Aug 16.

Link: <http://www.ncbi.nlm.nih.gov/pubmed/17696484>

Title: Hypocholesterolemic effect of spirulina in patients with hyperlipidemic nephrotic syndrome.

Authors: Samuels R, Mani UV, Iyer UM, Mayak US

Date Published: *J Med Food.* 2002 Summer;5(2):91-6.

Link: <http://www.ncbi.nlm.nih.gov/pubmed/12487756>

Title: Lipoprotein-cholesterol distributions in selected North American populations: the lipid research clinics program prevalence study.

Authors: Heiss G, Tamir I, Davis CE, Tyroler HA, Rifkand BM, Schonfeld G, Jacobs D, Frantz ID Jr.

Date Published: Circulation. 1980 Feb;61(2):302-15.

Link: <http://www.ncbi.nlm.nih.gov/pubmed/7351055>

Title: Role of histamine in the inhibitory effects of phycocyanin in experimental models of allergic inflammatory response

Authors: Remirez D1, Ledón N, González R

Date Published: April 2002

Link: <http://www.ncbi.nlm.nih.gov/pubmed/12061428>

Title: Influence of C-phycocyanin on hepatocellular parameters related to liver oxidative stress and Kupffer cell functioning

Authors: Remirez D1, Fernández V, Tapia G, González R, Videla LA

Date Published: July 2002

Link: <http://www.ncbi.nlm.nih.gov/pubmed/12146726>

Title: C-phycocyanin: a biliprotein with antioxidant, anti-inflammatory and neuroprotective effects

Authors: Romay Ch1, González R, Ledón N, Remirez D, Rimbau V

Date Published: June 2003

Link: <http://www.ncbi.nlm.nih.gov/pubmed/12769719>

Title: C-phycocyanin ameliorates doxorubicin-induced oxidative stress and apoptosis in adult rat cardiomyocytes

Authors: Khan M1, Varadharaj S, Shobha JC, Naidu MU, Parinandi NL, Kutala VK, Kuppusamy P

Date Published: January 2006

Link: <http://www.ncbi.nlm.nih.gov/pubmed/16424780>

Title: Phycobiliprotein C-phycocyanin from *Spirulina platensis* is powerfully responsible for reducing oxidative stress and NADPH oxidase expression induced by an atherogenic diet in hamsters.

Authors: Riss J1, Décorde K, Sutra T, Delage M, Baccou JC, Jouy N, Brune JP, Oréal H, Cristol JP, Rouanet JM

Date Published: September 2007

Link: <http://www.ncbi.nlm.nih.gov/pubmed/17696484>

Title: Anti-inflammatory activity of c-phycocyanin in lipopolysaccharide-stimulated RAW 264.7 macrophages.

Authors: Cheng SC1, Cheng SN, Tarn A, Chou TC

Date Published: October 2007

Link: <http://www.ncbi.nlm.nih.gov/pubmed/17961604>

Title: Antiinflammatory and antihyperalgesic activity of C-phycocyanin

Authors: Shih CM1, Cheng SN, Wong CS, Kuo YL, Chou TC

Date Published: April 2003

Link: <http://www.ncbi.nlm.nih.gov/pubmed/19299804>

Title: Phycocyanin liposomes for topical anti-inflammatory activity: in-vitro in-vivo studies.

Authors: [Manconia M1](#), [Pendás J](#), [Ledón N](#), [Moreira T](#), [Sinico C](#), [Saso L](#), [Fadda AM](#)

Date Published: April 2009

Link: <http://www.ncbi.nlm.nih.gov/pubmed/19298687>

Title: Antioxidant properties of recombinant allophycocyanin expressed in Escherichia coli

Authors: [Ge B1](#), [Qin S](#), [Han L](#), [Lin F](#), [Ren Y](#)

Date Published: September 2006

Link: <http://www.ncbi.nlm.nih.gov/pubmed/16647860>

Title: A potent anti-oxidant property: fluorescent recombinant alpha-phycoyanin of Spirulina

Authors: [Guan XY1](#), [Zhang WJ](#), [Zhang XW](#), [Li YX](#), [Wang JF](#), [Lin HZ](#), [Tang XX](#), [Qin S](#)

Date Published: April 2009

Link: <http://www.ncbi.nlm.nih.gov/pubmed/19239531>

Title: C-phycoyanin protects against ischemia-reperfusion injury of heart through involvement of p38 MAPK and ERK signaling

Authors: [Khan M1](#), [Varadharaj S](#), [Ganesan LP](#), [Shobha JC](#), [Naidu MU](#), [Parinandi NL](#), [Tridandapani S](#), [Kutala VK](#), [Kuppusamy P](#)

Date Published: May 2006

Link: <http://www.ncbi.nlm.nih.gov/pubmed/16373583>

Title: Phycocyanin protects INS-1E pancreatic beta cells against human islet amyloid polypeptide-induced apoptosis through attenuating oxidative stress and modulating JNK and p38 mitogen-activated protein kinase pathways

Authors: [Li XL1](#), [Xu G](#), [Chen T](#), [Wong YS](#), [Zhao HL](#), [Fan RR](#), [Gu XM](#), [Tong PC](#), [Chan JC](#)

Date Published: July 2009

Link: <http://www.ncbi.nlm.nih.gov/pubmed/19166964>

Title: Comparing beta-carotene, vitamin E and nitric oxide as membrane antioxidants

Authors: [Schafer FQ1](#), [Wang HP](#), [Kelley EE](#), [Cueno KL](#), [Martin SM](#), [Buettner GR](#)

Date Published: March 2002

Link: <http://www.ncbi.nlm.nih.gov/pubmed/12033456>

Title: [Teratogenic study of Spirulina in rats].

Authors: [Chamorro G1](#), [Salazar M](#), [Salazar S](#).

Date Published: December 1989

Link: <http://www.ncbi.nlm.nih.gov/pubmed/2518788>

Title: Effect of supplementation of blue green alga (Spirulina) on outcome of pregnancy in rats

Authors: [Kapoor R1](#), [Mehta U](#)

Date Published: January 1993

Link: <http://www.ncbi.nlm.nih.gov/pubmed/8464842>

Title: Effect of Spirulina maxima consumption on reproduction and peri- and postnatal development in rats

Authors: [Salazar M1](#), [Chamorro GA](#), [Salazar S](#), [Steele CE](#)

Date Published: April 1996

Link: <http://www.ncbi.nlm.nih.gov/pubmed/8641661>

Title: Subchronic toxicity study in mice fed Spirulina maxima

Authors: [Salazar M1](#), [Martínez E](#), [Madrigal E](#), [Ruiz LE](#), [Chamorro GA](#).

Date Published: October 1998

Link: <http://www.ncbi.nlm.nih.gov/pubmed/9849634>

Title: Antihyperlipemic and antihypertensive effects of Spirulina maxima in an open sample of Mexican population: a preliminary report

Authors: [Torres-Duran PV1](#), [Ferreira-Hermosillo A](#), [Juarez-Oropeza MA](#)

Date Published: November 2007

Link: <http://www.ncbi.nlm.nih.gov/pubmed/18039384>

Title: A randomized study to establish the effects of spirulina in type 2 diabetes mellitus patients

Authors: [Lee EH1](#), [Park JE](#), [Choi YJ](#), [Huh KB](#), [Kim WY](#).

Date Published: Winter 2008

Link: <http://www.ncbi.nlm.nih.gov/pubmed/20016733>

Title: Hypocholesterolemic effect of spirulina in patients with hyperlipidemic nephrotic syndrome.

Authors: [Samuels R1](#), [Mani UV](#), [Iyer UM](#), [Nayak US](#)

Date Published: Summer 2002

Link: <http://www.ncbi.nlm.nih.gov/pubmed/12487756>

Title: Joint distribution of lipoprotein cholesterol classes. The Framingham study.

Authors: [Abbott RD](#), [Garrison RJ](#), [Wilson PW](#), [Epstein FH](#), [Castelli WP](#), [Feinleib M](#), [LaRue C](#)

Date Published: May 1983

Link: <http://www.ncbi.nlm.nih.gov/pubmed/6573877>

Title: A randomized double-blind, placebo-controlled study to establish the effects of spirulina in elderly Koreans

Authors: [Park HJ1](#), [Lee YJ](#), [Ryu HK](#), [Kim MH](#), [Chung HW](#), [Kim WY](#)

Date Published: August 2008

Link: <http://www.ncbi.nlm.nih.gov/pubmed/18714150>

Title: Role of oxidative stress in cardiovascular diseases

Authors: [Dhalla NS1](#), [Temsah RM](#), [Netticadan T](#).

Date Published: June 2000

Link: <http://www.ncbi.nlm.nih.gov/pubmed/10872549>

Title: Neuroprotection by Spirulina platensis protean extract and phycocyanin against iron-induced toxicity in SH-SY5Y neuroblastoma cells

Authors: [Bermejo-Bescós P1](#), [Piñero-Estrada E](#), [Villar del Fresno AM](#)

Date Published: September 2008

Link: <http://www.ncbi.nlm.nih.gov/pubmed/18572379>

Title: Antioxidant potential of selected Spirulina platensis preparations

Authors: [Dartsch PC](#)

Date Published: May 2008

Link: <http://www.ncbi.nlm.nih.gov/pubmed/18398928>

Title: Antioxidant activity of the microalga Spirulina maxima.

Authors: [Miranda MS1](#), [Cintra RG](#), [Barros SB](#), [Mancini Filho J](#)

Date Published: August 1998

Link: <http://www.ncbi.nlm.nih.gov/pubmed/9777014>

Title: In vitro evaluation of protective effects of ascorbic acid and water extract of Spirulina plantesis (blue green algae) on 5-fluorouracil-induced lipid peroxidation

Authors: [Ray S1](#), [Roy K](#), [Sengupta C](#)

Date Published: July-August 2007

Link: <http://www.ncbi.nlm.nih.gov/pubmed/18536159>

Title: Effects of the ethanolic extract of Spirulina maxima on endothelium dependent vasomotor responses of rat aortic rings

Authors: [Paredes-Carbajal MC1](#), [Torres-Durán PV](#), [Díaz-Zagoya JC](#), [Mascher D](#), [Juárez-Oropeza MA](#)

Date Published: April 2001

Link: <http://www.ncbi.nlm.nih.gov/pubmed/11282441>

Title: Ethanolic extract of Spirulina maxima alters the vasomotor reactivity of aortic rings from obese rats

Authors: [Mascher D1](#), [Paredes-Carbajal MC](#), [Torres-Durán PV](#), [Zamora-González J](#), [Díaz-Zagoya JC](#), [Juárez-Oropeza MA](#).

Date Published: January 2006

Link: <http://www.ncbi.nlm.nih.gov/pubmed/16314186>

Title: Diets enriched in foods with high antioxidant activity reverse age-induced decreases in cerebellar beta-adrenergic function and increases in proinflammatory cytokines

Authors: [Gemma C1](#), [Mesches MH](#), [Sepesi B](#), [Choo K](#), [Holmes DB](#), [Bickford PC](#)

Date Published: July 2002

Link: <http://www.ncbi.nlm.nih.gov/pubmed/12122072>

Title: Effects by doxorubicin on the myocardium are mediated by oxygen free radicals

Authors: [Xu MF1](#), [Tang PL](#), [Qian ZM](#), [Ashraf M](#)

Date Published: January 2001

Link: <http://www.ncbi.nlm.nih.gov/pubmed/11213359>

Title: Protective effect of Spirulina against doxorubicin-induced cardiotoxicity

Authors: [Khan M1](#), [Shobha JC](#), [Mohan IK](#), [Naidu MU](#), [Sundaram C](#), [Singh S](#), [Kuppusamy P](#), [Kutala VK](#)

Date Published: December 2005

Link: <http://www.ncbi.nlm.nih.gov/pubmed/16372368>

Title: Effects of dietary Spirulina maxima on endothelium dependent vasomotor responses of rat aortic rings

Authors: [Paredes-Carbajal MC1](#), [Torres-Durán PV](#), [Díaz-Zagoya JC](#), [Mascher D](#), [Juárez-Oropeza MA](#)

Date Published: 1997

Link: <http://www.ncbi.nlm.nih.gov/pubmed/9328235>

Title: Effect of spirulina maxima on the haloperidol induced tardive dyskinesia and oxidative stress in rats

Authors: [Thaakur SR1](#), [Jyothi B](#)

Date Published: September 2007

Link: <http://www.ncbi.nlm.nih.gov/pubmed/17530160>

Title: Renoprotective effect of Spirulina fusiformis on cisplatin-induced oxidative stress and renal dysfunction in rats

Authors: [Kuhad A1](#), [Tirkey N](#), [Pilkhwai S](#), [Chopra K](#)

Date Published: 2006

Link: <http://www.ncbi.nlm.nih.gov/pubmed/16703798>

Title: Inhibitory effects of Spirulina in zymosan-induced arthritis in mice

Authors: [Remirez D1](#), [González R](#), [Merino N](#), [Rodriguez S](#), [Ancheta O](#)

Date Published: April 2002

Link: <http://www.ncbi.nlm.nih.gov/pubmed/12061427>

Title: Anti-inflammatory activity of phycocyanin extract in acetic acid-induced colitis in rats

Authors: [González R1](#), [Rodríguez S](#), [Romay C](#), [Ancheta O](#), [González A](#), [Armesto J](#), [Remirez D](#), [Merino N](#)

Date Published: January 1999

Link: <http://www.ncbi.nlm.nih.gov/pubmed/10366332>

Title: Further studies on anti-inflammatory activity of phycocyanin in some animal models of inflammation

Authors: [Romay C1](#), [Ledón N](#), [González R](#)

Date Published: August 1998

Link: <http://www.ncbi.nlm.nih.gov/pubmed/9754867>

Title: Antioxidant and anti-inflammatory properties of C-phycocyanin from blue-green algae

Authors: [Romay C1](#), [Armesto J](#), [Remirez D](#), [González R](#), [Ledon N](#), [García](#)

Date Published: January 1998

Link: <http://www.ncbi.nlm.nih.gov/pubmed/9495584>

Title: Effect of Spirulina fusiformis on cyclophosphamide and mitomycin-C induced genotoxicity and oxidative stress in mice

Authors: [Premkumar K1](#), [Pachiappan A](#), [Abraham SK](#), [Santhiya ST](#), [Gopinath PM](#), [Ramesh A](#).

Date Published: December 2001

Link: <http://www.ncbi.nlm.nih.gov/pubmed/11731115>

Title: Effect of lead with vitamin E, C, or Spirulina on malondialdehyde, conjugated dienes and hydroperoxides in rats

Authors: [Upasani CD1](#), [Khera A](#), [Balaraman R](#)

Date Published: January 2001

Link: <http://www.ncbi.nlm.nih.gov/pubmed/11349530>

Title: Evaluation of protective efficacy of Spirulina platensis against collagen-induced arthritis in rats

Authors: [Kumar N1](#), [Singh S](#), [Patro N](#), [Patro I](#)

Date Published: June 2009

Link: <http://www.ncbi.nlm.nih.gov/pubmed/19390977>

Title: The effects of Panax ginseng and Spirulina platensis on hepatotoxicity induced by cadmium in rats

Authors: [Karadeniz A1](#), [Cemek M](#), [Simsek N](#).

Date Published: January 2009

Link: <http://www.ncbi.nlm.nih.gov/pubmed/18395256>

Title: Spirulina platensis protects against gentamicin-induced nephrotoxicity in rats

Authors: [Karadeniz A1](#), [Yildirim A](#), [Simsek N](#), [Kalkan Y](#), [Celebi F](#)

Date Published: November 2008

Link: <http://www.ncbi.nlm.nih.gov/pubmed/18690652>

Title: Protective effect of Arthrospira maxima on fatty acid composition in fatty liver

Authors: [Torres-Durán PV1](#), [Paredes-Carbajal MC](#), [Mascher D](#), [Zamora-González J](#), [Díaz-Zagoya JC](#), [Juárez-Oropeza MA](#)

Date Published: May 2006

Link: <http://www.ncbi.nlm.nih.gov/pubmed/16624646>

Title: Spirulina fusiformis provides protection against mercuric chloride induced oxidative stress in Swiss albino mice

Authors: [Sharma MK1](#), [Sharma A](#), [Kumar A](#), [Kumar M](#)

Date Published: December 2007

Link: <http://www.ncbi.nlm.nih.gov/pubmed/17706852>

Title: Anti-inflammatory effect of Spirulina fusiformis on adjuvant-induced arthritis in mice

Authors: [Rasool M1](#), [Sabina EP](#), [Lavanya B](#)

Date Published: December 2006

Link: <http://www.ncbi.nlm.nih.gov/pubmed/17142986>

Title: Protective effect of Spirulina fusiformis on chemical-induced genotoxicity in mice

Authors: [Premkumar K1](#), [Abraham SK](#), [Santhiya ST](#), [Ramesh A](#).

Date Published: January 2004

Link: <http://www.ncbi.nlm.nih.gov/pubmed/14693216>

Title: Inhibitory effect of mast cell-mediated immediate-type allergic reactions in rats by spirulina

Authors: [Kim HM1](#), [Lee EH](#), [Cho HH](#), [Moon YH](#)

Date Published: April 1998

Link: <http://www.ncbi.nlm.nih.gov/pubmed/9605430>

Title: Spirulina attenuates cyclosporine-induced nephrotoxicity in rats

Authors: [Khan M1](#), [Shobha JC](#), [Mohan IK](#), [Rao Naidu MU](#), [Prayag A](#), [Kutala VK](#)

Date Published: September 2006

Link: <http://www.ncbi.nlm.nih.gov/pubmed/16858688>

Title: Spirulina maxima pretreatment partially protects against 1-methyl-4-phenyl-1,2,3,6-tetrahydropyridine neurotoxicity

Authors: [Chamorro G1](#), [Pérez-Albiter M](#), [Serrano-García N](#), [Mares-Sámamo JJ](#), [Rojas P](#)

Date Published: October-December 2006

Link: <http://www.ncbi.nlm.nih.gov/pubmed/17263087>

Title: Preventive effects of Spirulina platensis on skeletal muscle damage under exercise-induced oxidative stress

Authors: [Lu HK1](#), [Hsieh CC](#), [Hsu JJ](#), [Yang YK](#), [Chou HN](#)

Date Published: September 2006

Link: <http://www.ncbi.nlm.nih.gov/pubmed/16944194>

Title: Ergogenic and antioxidant effects of spirulina supplementation in humans

Authors: [Kalafati M1](#), [Jamurtas AZ](#), [Nikolaidis MG](#), [Paschalis V](#), [Theodorou AA](#), [Sakellariou GK](#), [Koutedakis Y](#), [Kouretas D](#)

Date Published: January 2010

Link: <http://www.ncbi.nlm.nih.gov/pubmed/20010119>

Title: A novel protein C-phycoerythrin plays a crucial role in the hypocholesterolemic action of Spirulina platensis concentrate in rats

Authors: [Nagaoka S1](#), [Shimizu K](#), [Kaneko H](#), [Shibayama F](#), [Morikawa K](#), [Kanamaru Y](#), [Otsuka A](#), [Hirahashi T](#), [Kato T](#).

Date Published: October 2005

Link: <http://www.ncbi.nlm.nih.gov/pubmed/16177207>

Title: Effects of a Spirulina-based dietary supplement on cytokine production from allergic rhinitis patients

Authors: [Mao TK1](#), [Van de Water J](#), [Gershwin ME](#)

Date Published: Spring 2005

Link: <http://www.ncbi.nlm.nih.gov/pubmed/15857205>

Title: The effects of spirulina on allergic rhinitis

Authors: [Cingi C1](#), [Conk-Dalay M](#), [Cakli H](#), [Bal C](#)

Date Published: October 2008

Link: <http://www.ncbi.nlm.nih.gov/pubmed/18343939>

Title: Biological Activity of Spirulina

Authors: Blinkova LP, Gorobets OB, Baturo AP

Date Published: March 2001

Link: [http://phytomedica.co.uk/pdf/immulina\\_herpes.pdf](http://phytomedica.co.uk/pdf/immulina_herpes.pdf)

Title: A Randomized Double-Blind, Placebo-Controlled Study to Establish the Effects of Spirulina in Elderly Koreans

Authors: Park H.J. · Lee Y.J. · Ryu H.K. · Kim M.H. · Chung H.W. · Kim W.Y. Published in Annals of Nutrition and Metabolism

Date Published: September 2008

Link: <http://www.karger.com/article/Abstract/151486>

Title: Spirulina Research Reveals Health Benefits

Author: Robert Hendrikson

Date Published: April 6, 2011

Link: <http://www.algaeindustrymagazine.com/special-report-spirulina-part-4-scientific-research-reveals-health-benefits/>

## Nutritional Benefits:

Title: Thinking beyond low-density lipoprotein cholesterol: strategies to further reduce cardiovascular risk

Authors: Rakesh K Sharma, Vibhuti N Singh, Hanumanth K Reddy

Date Published: Vasc Health Risk Manag. 2009; 5: 793–799. Published online 2009 Sep 24.

Link: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2754092/>

Title: Nutritional and therapeutic potential of Spirulina

Authors: Khan Z., Bhadouria P., Bisen PS.

Date Published: *Curr Pharm Biotechnol.* 2005 Oct;6(5):373-9.

Link: <http://www.ncbi.nlm.nih.gov/pubmed/16248810>

Title: HDL cholesterol, very low levels of LDL cholesterol, and cardiovascular events.

Authors: Barter P, Gotto AM, LaRosa JC, Maroni J, Szarek M, Kastelein JJ, Bittner V, Fruchart JC

Date Published: *N Engl J Med.* 2007 Sep 27;357(13):1301-10.

Link: <http://www.ncbi.nlm.nih.gov/pubmed/17898099>

Title: Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) final report.

Authors: National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III)

Date Published: *Circulation.* 2002 Dec 17;106(25):3143-421.

Link: <http://www.ncbi.nlm.nih.gov/pubmed/12485966>

Title: Effects of Spirulina platensis on plasma lipoprotein lipase activity in fructose-induced hyperlipidemic rats.

Authors: Iwata K, Inayama T, Kato T

Date Published: *J Nutr Sci Vitaminol (Tokyo).* 1990 Apr;36(2):165-71.

Link: <http://www.ncbi.nlm.nih.gov/pubmed/2117648>

Title: Studies on the preventive effect of Spirulina maxima on fatty liver development induced by carbon tetrachloride, in the rat.

Authors: Torres-Durán PV, Miranda-Zamora R, Paredes-Carbajal MC, Mascher D, Blé-Castillo J, Días-Zagoya JC, Juárez-Oropeza MA

Date Published: J Ethnopharmacol. 1999 Feb;64(2):141-7.

Link: <http://www.ncbi.nlm.nih.gov/pubmed/10197749>

Title: Role of Spirulina in the Control of Glycemia and Lipidemia in Type 2 Diabetes Mellitus.

Authors: Parikh P, Mani U, Iyer U

Date Published: J Med Food. 2001 Winter;4(4):193-199.

Link: <http://www.ncbi.nlm.nih.gov/pubmed/12639401>

Title: Role of Spirulina in the Control of Glycemia and Lipidemia in Type 2 Diabetes Mellitus

Authors: [Parikh P](#)1, [Mani U](#), [Iyer U](#)

Date Published: Winter 2001

Link: <http://www.ncbi.nlm.nih.gov/pubmed/12639401>

Title: Endothelium-derived relaxing and contracting factors: potential role in coronary artery disease.

Authors: Lüscher TF

Date Published: September 1989

Link: <http://www.ncbi.nlm.nih.gov/pubmed/2680493>

Title: Spirulina the answer to world hunger

Authors: IIMSAM

Date Published: 1993

Link: <http://iimsam.org/en/iimsam-spirulina-resource-centre/>

Title: The beneficial effects of spirulina focusing on its immunomodulatory and antioxidant properties

Authors: Maddaly Ravi, Sai Lata De, Syed Azharuddin, Solomon F D Pau

Date Published: 2010

Link: <http://clinicacuatrocaminos.es/downloads/the-beneficial-effects-of-spirulina-focusing-o.pdf>

Title: Cholesterol lowering effect of spirulina.

Authors: N. Nayaka, et al. Tokai Univ. Pub. in Nutrition Reports Int'l, Vol. 37, No. 6, 1329-1337. Japan.

Date Published: 1988

Link: <http://www.dxn2mlm.com/?p=2455>

Title: Large scale nutritional supplementation with spirulina algae.  
Authors: C.V. Seshadri. Shri Amm Murugappa Chettiar Research Center (MCRC)  
Madras, India.  
Date Published: 1993  
Link: <http://www.dxn2mlm.com/?p=2455>

Title: Vitamin A equivalence of spirulina beta-carotene in Chinese adults.  
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