

More Nutrition. Better Health. Purely Hawaiian.™



Immunity Boosting Tips & Spirulina Recipes



Hand Washing

Immunity
Health Tip

1

Many cold viruses are spread through direct contact. Common shared objects like handles, phones, and keyboards can host a virus up to a few weeks after being touched by an infected person. A top way to protect yourself is to frequently wash your hands with soap and warm water.



Spirulina Tofu Salad

- 8 ounces firm tofu
- 1 bell pepper (green or red)
- 2 medium tomatoes
- 1 medium zucchini
- 1 medium grated carrot
- 2 stalks celery
- 2 spring onions, finely chopped
- 1 tablespoon tamari or soy sauce
- Generous pinch of basil, thyme, and marjoram
- Hot pepper sauce or cayenne pepper (to taste)
- 1 heaping teaspoon Hawaiian Spirulina® powder

Mix all ingredients together. Almost any combination of raw vegetables can be put into a tofu salad.



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Chai Smoothie with Spirulina

A good chai is composed of an orchestra of warming spices, which contrast so nicely with the coolness of a creamy smoothie. You can add extra ice to this blend and eat it with a spoon like ice cream.

- 3 tablespoons raw cashews
- 2 tablespoons hemp seeds
- 2 large Medjool dates, pitted
- 2 tablespoons cacao nibs
- 1 tablespoon chia seeds
- 2 teaspoons maca powder
- 1/4 teaspoon Hawaiian Spirulina® powder
- 1 teaspoon cinnamon powder
- 1 teaspoon ginger powder
- 1/4 teaspoon cardamom powder
- 2 cups coconut water
- 1 frozen banana

Blend together all the ingredients, except the frozen banana and ice, until smooth. Add the remaining ingredients and blend again until frosty. Taste, and sweeten as desired.

Cover your sneezes

Immunity Health Tip

2

While it's important to cover coughs and sneezes don't use your bare hands. Instead, use a tissue or the inside of your elbow and then wash or disinfect the area carefully.



Don't touch your face

Viruses can easily enter your body through the eyes, nose, or mouth so keep your hands away from your face to decrease these chances.

Immunity
Health Tip

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Spirulina Spaghetti Squash

- 1 spaghetti squash, cooked and shredded
- 1 can of organic diced tomatoes
- 1 tablespoon Hawaiian Spirulina® powder
- 1 cup baby spinach
- ¾ cup sliced portabello mushrooms
- 1 tablespoon oregano
- black pepper to taste
- 1 tablespoon extra virgin olive oil

Sauté tomatoes, portabello mushrooms, and baby spinach in olive oil until soft. Add oregano and black pepper and simmer covered for 20 minutes. Remove from heat and add Hawaiian Spirulina. Pour over warm spaghetti squash and serve. Add parmesan cheese if desired.

Nutrition Tip

Spaghetti is not something most of us would think of as a healthy meal, and typically it is not. However, when making a few simple tweaks to some of the ingredients used, it can be very healthy. Using shredded spaghetti squash as a replacement to conventional noodles provides a nutritious alternative to regular pasta which is often loaded with carbohydrates. The use of leafy green spinach doesn't hurt either.

Adding just a small amount of Hawaiian Spirulina into the sauce is a terrific way to blend in this potent superfood and you won't even know the difference. Next time you prepare spaghetti for the family, try this recipe. You may be surprised how good it is!



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Spirulina All in My Grains

- 1 cup of your favorite grains blend, cooked (e.g. barley, wild rice and quinoa)
- 1 large bell pepper diced (or your favorite raw veggie)
- ½ cup raisins
- 1 teaspoon Hawaiian Spirulina® powder
- Your favorite spices to taste

Mix all ingredients together and serve warm or chilled.

Don't share

Immunity
Health Tip



Many people are used to family or friends sharing drinking glasses or utensils. Instead, use your own glass and label with your name and wash the glass frequently



Reduce stress

Immunity
Health Tip

5

Many studies have shown that stress can take a toll on your immune system and open you up to illnesses, like colds. Reducing stressful activities can help ward off infections.



Spirulina Broccoli Slaw Salad

- Package of organic broccoli slaw
- 1 tablespoon Hawaiian Spirulina® powder
- 1 tablespoon extra virgin olive oil
- ground black pepper to taste

Mix all ingredients together. Chill for 30 minutes or longer and serve.



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Green Complete[®] Yogurt Parfait

- 1 scoop of Green Complete[®] Superfood Powder
- ¼ cup organic raspberries (or your favorite berries that are in season)
- ¼ cup organic blackberries
- ¼ cup orange slices
- 1 cup greek yogurt, divided in half

Mix Green Complete Superfood Powder in 1/2 cup of Greek yogurt together. Alternate layers of ingredients in a parfait cup or other glass. Enjoy!

Get enough sleep

Immunity
Health Tip

6

Over time, the effects of not getting enough sleep will wear down immune protection and can prevent the body from recovering and repair. Conversely, getting enough rest can boost your defense. Many experts recommend seven to eight hours of sleep per night.



Exercise regularly

Regular exercise has a variety of benefits and among these is increasing your immunity. Experts recommend engaging in at least 30 minutes of exercise three to four times a week. Even a brisk 30-minute walk is beneficial.

Immunity
Health Tip

7



Spirulina Trail Mix Bars

These raw bars make great energy-boosting snacks.
Makes approximately 12 bars.

- ½ cup raw almonds
- ¼ cup coconut
- 1 cup chopped dates
- ¼ cup shredded coconut
- ¼ cup pepitas (pumpkin seeds)
- ½ cup dried fruit, roughly chopped
- ¼ cup sunflower seeds
- 1 teaspoon Hawaiian Spirulina® powder

Place all ingredients in a food processor and pulse for 30 seconds. Roll all ingredients into a ball and spread into an 8x8 pan lined with wax or parchment paper. Allow to set for 10-15 minutes, and cut into 12 bars. Keep in airtight container for up to a week.

Nutrition Tip

Try this dessert recipe for a delicious alternative to unhealthy desserts that are often high in calories, sugar and fat. Hawaiian Spirulina trail mix bars include a healthy and diverse mix of nutrients great for supporting digestive health, energy, and overall well-being. With the addition of spirulina, which is commonly recognized as one of the most nutritionally complete superfoods, you're providing your body with support to many of its most vital organs.

Next time you're preparing dessert for the family or even just a snack for yourself, consider a treat that won't weigh the body down and make Spirulina Trail Mix Bars.



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Breathe Easy Smoothie

Serves: 2-3

Prep Time: 4-5 minutes.

- 2 cups nettle tea
- 1 kiwi, peeled
- 1 orange, peeled
- 2 slices of pineapple, peeled
- 2-3 slices of fresh ginger root cut about 1/4 inch thick with the skin left on
- 1 teaspoon Hawaiian Spirulina® powder
- 1 teaspoons of flax seeds (or chia seeds)
- Ice cubes to taste

In a blender, put all of the ingredients and blend until smooth. If you would prefer it thinner, add some more tea.

Drink plenty of fluids

Immunity
Health Tip

8

Sugar and caffeine-loaded beverages are pretty standard in a typical American diet and can be dehydrating. Adults need eight 8-ounce glasses of fluids each day to stay hydrated. While plain water can be ideal, you can add in herb teas (e.g. peppermint, lemon, rose hips, etc.) to help reach your goal of 8 glasses per day.



Eat a colorful diet

Immunity
Health Tip

9

Diets rich in phytonutrients and antioxidants give the immune system a boost. Produce like blueberries and broccoli are high in antioxidants as well as certain microalgae supplements like Hawaiian Spirulina® or BioAstin Hawaiian Astaxanthin.®



Savory Spirulina Spinach Pancakes

Nutrition Tip

Spinach is a healthy leafy green and is a quality source of iron, fiber, vitamin A, vitamin C, folate and magnesium. You're also getting a good source of protein from eggs. Most importantly, Hawaiian Spirulina is one of the healthiest superfoods in existence and provides support to numerous organs and bodily functions. It is great for achieving a boost of energy when you need it the most.

These Spirulina Spinach Pancakes are a fantastic meal to start the day. The nutrition included in this breakfast recipe provides the perfect amount of nourishment you need to start the day with energy and a clear mind!

- **3 generous handfuls of organic baby spinach**
- **2 eggs**
- **½ cup spelt flour (or your favorite flour)**
- **1 teaspoon Hawaiian Spirulina® powder**

Blend all ingredients together and cook on a hot griddle for a minute or two per side. Serve with agave syrup for a sweet boost or hummus for more savory fare.



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Green Complete® with Spirulina Fruit Smoothie

- ½ cup of yogurt
- 1 cup of fruit juice
- 1 or more of the following: papaya, peach or mango
- ½ cup of boysenberries
- 1 scoop Green Complete® Superfood Powder

Blend all ingredients

Health Benefits of the Green Complete with Spirulina Fruit Smoothie

The Green Complete with Spirulina Fruit Smoothie is one of the tastier smoothie recipes you will find that still features an amazing assortment of healthy ingredients. If quick, easy and delicious is the type of smoothie you're looking for, than this one is for you.

In addition to including one of nature's most complete superfoods, Hawaiian Spirulina, the ingredients in this recipe all feature their own unique health properties that can have significant impacts on the body. Some of the health benefits of the Spirulina Fruit Smoothie ingredients:

- Most yogurt features live and active cultures. Live and active cultures are living bacterial organisms that provide several health benefits including supporting the gastrointestinal and working as an immune system booster.*
- Boysenberries are an excellent source of fiber, folate and vitamin E. They help support cellular health, improve digestion, and increase energy levels.*
- Papaya and mangoes both provide fiber, vitamins A and C, and antioxidants as well. Peaches provide vitamin A, C, E, and K and are a rich source of both fiber and antioxidants.

Add this smoothie to your daily health regimen to help your body receive the nutrients it needs to feel sharp mentally and physically so you can complete everything you need to accomplish during your busy day.



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Engage in enjoyable activities

Immunity
Health Tip

10

Keeping your immune system healthy can be fun! Research shows that when we take part in activities that bring us joy, our brain releases chemicals that produce immune-enhancing chemicals. Laughter really can be good medicine!





Hawaiian Spirulina® is one of the most nutritious, concentrated whole foods and provides over 50 nutrients and trace elements. Cultivated from microalgae grown on the Kona Coast of Hawaii, Hawaiian Spirulina provides 60% protein and is an excellent source of vitamins A, K1, K2, B12, iron, manganese and chromium. It's also a rich source of health-giving phytonutrients such as superoxide dismutase (SOD), gamma linolenic acid (GLA) and phycocyanin. Studies show its ability to support cardiovascular, eye, and brain health as well as boost immunity and energy.* Hawaiian Spirulina is a very nutritious superfood supplement and is an ideal source of natural nutrition for all ages and lifestyles.

Why Hawaiian?

Hawaiian Spirulina goes from pond to powder in less than 30 minutes and is the only spirulina cultivated in a Biosecure Zone free of pesticides, herbicides and industrial pollutants. Each pond is fed with potable drinking water from Hawaiian aquifers and infused with pure deep ocean water containing beneficial trace minerals.

About Nutrex Hawaii

Nutrex Hawaii was founded in Kailua-Kona, Hawaii in 1990. Our founder, Dr. Gerald Cysewski, chose the pristine Kona Coast of Hawaii due to the pure, unpolluted, clean growing location and access to deep ocean water from a depth of 2,000 ft. Our 90-acre facility is located in a BioSecure zone, free of all pesticides and herbicides. Direct from the manufacturer, our Hawaiian Spirulina is guaranteed fresh, authentic, and straight from Hawaii.

For more information on Hawaiian Spirulina, please visit www.nutrex-hawaii.com

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.