



HOW ENERGYbits® ALGAE IMPROVES PERFORMANCE

Whether you are a fitness enthusiast, trainer, pro athlete, NASA professional or health conscious consumer, we know you are constantly looking for the healthiest products to improve your wellness & fitness, athletic performance and recovery. That's why we are thrilled to introduce you to our ENERGYbits® algae tablets, which have quickly become the fuel of choice for athletes, trainers, vegans, keto, eco-friendly and health conscious consumers nationwide. Algae has been around for billions of years and used extensively in Asia for over fifty years but has remained virtually unknown in the USA. ENERGYbits is changing this. It's your turn now.

What are ENERGYbits®?

ENERGYbits® are plant-based **spirulina and chlorella algae** tablets that are swallowed by the handful prior to and during and after your workout or game. The best results are when you take them every day. ENERGYbits® deliver a steady supply of energy and focus that improve your performance naturally and easily **without any food prep** or cleanup **without caffeine, chemicals, gluten, sugar, toxins, carbs or stomach distress.**

HOW ENERGYbits® SPIRULINA TABS IMPROVE PERFORMANCE

1. Highest density nutrition in world (>40 vitamins and minerals)
2. Highest amount of protein in the world-all as free-form amino acids (64%)
3. Highest amount of iron in the world (prevents fatigue)
4. Highest amount of chlorophyll in the world (builds immune system)
5. Highest amount of antioxidants in the world (fights free radicals)
6. Steady energy without caffeine, chemicals , gluten or anything artificial
7. No stomach distress (99% bio-available and absorbed instantly)
8. All the B Vitamins including B12 (converts glucose to energy)
9. Naturally occurring Nitric Oxide, a vasodilator (improves blood flow/energy)



10. Improved mental focus from Essential Fatty Acids (Omega-3, GLA)
11. Steady energy from Polysaccharides without insulin spikes
12. Highest concentration of Superoxide Dismutase that protects mitochondria
13. Contains Ribose which stimulates ATP for better energy, focus & recovery
14. Reduces inflammation from Essential Fatty Acid GLA (less injury)
15. Improved focus from Boron that facilitates thought in synaptic nerves
16. KETO, VEGAN, ZERO CARBS, ZERO impact on Glucose or Ketones
17. Eco-friendly, sustainable crop (good for the environment and you)
18. Tiny tablets are as easy to carry on a run, commute or NASA mission
19. Blue pigment in spirulina (phycocyanin) helps prevent viruses from entering cells and stops growth of blood vessels to tumors/cancers (anti-angiogenesis)

MORE DETAIL

1. **ENERGYbits have the highest density of nutrition in the world** and contain over 40 vitamins and minerals. They are an organically grown, NON-GMO spirulina, an algae that is a food crop that is grown like other vegetables. And since it is a type of “plant,” that is a whole food, your body absorbs all its nutrients which allows athletes, consumers and even NASA professionals to gain all of spirulina’s benefits including increased energy. This is contrast to most energy products that are “engineered nutrition,” produced in manufacturing plants and contain as many as 90 artificial ingredients, most of which are chemicals that may actually lower your performance or cause long term health problems.
2. **ENERGYbits have the highest concentration of protein in the world (64%),** all in the form of Amino Acids so your body doesn’t have to do any work to use it. This gives you instant access to the amino acids and also



preserves your energy since there was no digestion required. Other energy products do NOT contain protein or if they do, it is usually soy protein which is known to cause health and digestion problems. Protein has many functions critical to performance including cell regulation, immune function, neurological function, nutrient transport, structural support and most importantly muscle repair and growth which is why protein is often considered the most critical nutrient for athletes. The body can't store protein, so it needs to be consumed every day. Athletes and busy consumers should take protein prior to/ during long races or on high stress days to ensure their high calorie requirements do not "eat" into their muscles. Spirulina is the only source of protein that can be easily absorbed without stomach distress. Protein must be broken down into amino acids before it can be absorbed and utilized by the body, a process that has so many limiting factors it can take up to three days for animal protein to be digested which generally results in only 10% of the amino acids being absorbed. In contrast, algae's protein is all "free-form" amino acids which allows them to be 99% bioavailable. This results in your body having immediate access to the amino acids as well as the other 40 vitamins and minerals in ENERGYbits. Spirulina's absorption rate is further improved because spirulina doesn't have an exterior cellulose wall that could slow down digestion resulting in the amino acids being instantly absorbed. This high bioavailability of algae protein contrasts with the lower 10% - 20% bioavailability of beef protein and helps explain why the five grams of protein found in a single serving of ENERGYbits (30 tabs) provides virtually the same amount of aminos as fifty grams of animal protein. Spirulina algae contains eighteen of the twenty amino acids, in balanced ratios that are virtually identical to mother's milk including all **nine** essential amino acids the body can't produce, making it a complete protein. The aminos are converted to glucose by the spirulina's B Vitamins and released to the body as a steady stream of energy. No rush or crash.



3. **ENERGYbits contain the highest concentration of iron in the world**- up to **48 times more iron than spinach** and **28 times more iron than beef liver**. Iron is what carries oxygen in the blood. Insufficient amounts of iron reduce oxygen uptake and can lead to anemia. Quite simply, less iron = less oxygen and less oxygen lowers athletic performance. Most other energy products do not contain iron.
4. **ENERGYbits have the highest concentration of chlorophyll in the world** and are alkaline. Other energy products are ACIDIC. An alkaline diet has been shown to improve performance. Chlorophyll like that found in our algae, is not only the most alkaline food the world, it is also a blood builder. The chemical composition of chlorophyll is virtually identical to that of hemoglobin, with just one atom being different. Hemoglobin is the molecule in the blood that is responsible for carrying oxygen and since chlorophyll increases the number and quality of red blood cells, it improves oxygen transport and thus athletic performance. When athletes or active consumers are engaged in high intensity activities, they release high amounts of free radicals and lactic acid which cause the blood to become acidic. The acidity strips the negative charge from the outside of the hemoglobin, causing it to clump. The clumping not only distorts the shape of the hemoglobin which reduces the hemoglobin's ability to carry iron or oxygen, it also prevents the hemoglobin from fitting into the body's nineteen billion microscopic capillaries. The net result is your muscles and brain are deprived of vital oxygen which decreases your performance and increases your fatigue. Alkaline ENERGYbits restore the pH balance to your blood so your hemoglobin no longer clump. The high concentration of iron in spirulina further improves performance by increasing your hemoglobin's oxygen carrying ability. Other energy products do not contain chlorophyll and are acidic so they neither improve your pH levels nor restore blood to high performance levels as ENERGYbits do.
5. **ENERGYbits have the highest concentration of antioxidants in the world** and an ORAC value (Oxygen Radical Absorption Capacity) one hundred times higher than cherries or blueberries. Antioxidants are



necessary to fight free radicals which cause long term damage to cells and DNA, a process which contributes to decreased energy and rapid aging. The fact that antioxidants prevent this is good news for both athletes and non-athletes. ENERGYbits contain a higher concentration of antioxidants than other energy products, all in a form that is naturally occurring such as beta carotene.

6. **ENERGYbits provide steady energy** while other energy products provide a short burst of energy followed by a crash. This is because most other energy products are formulated from processed carbohydrates and sugar. ENERGYbits contain **neither**. The energy ENERGYbits provide comes from the dense nutrition of spirulina algae, NOT from sugar. New research shows athletes and consumers perform better with products that provide steady energy. This is what you get from ENERGYbits.
7. **ENERGYbits** are absorbed almost instantly and never hit the GI tract undigested so they **do not create stomach distress**. **Since digestion takes 15% of the body's energy, and since ENERGYbits are absorbed almost instantly, the energy that isn't being used for digestion is re-routed back to you and enhances your energy.** Most other energy products are made with chemicals, sugar or caffeine, all of which tend to irritate the stomach when used during sports or in general. This is particularly evident for endurance athletes because the blood flow and enzymes normally used for their digestion are busy supplying oxygen and nutrients to their muscles. As a result, "engineered sports nutrition products" like gels, bars do not get properly digested and enter the athlete's lower gastro intestinal tract undigested. This causes bacteria to attack the undigested matter. This leads to fermentation, gas, cramps and the urge to empty the bowels. It's a scenario endurance athletes know too well. In stark contrast, ENERGYbits do **not** contain any artificial ingredients that could irritate the stomach and since all the nutrients in spirulina are absorbed instantly, ENERGYbits **never** reach the GI tract undigested or cause stomach distress.



8. **ENERGYbits contain all nine B Vitamins.** A lack of B Vitamins leads to reduced energy, a poor performance and a decreased ability to build or repair muscle. ENERGYbits prevents this from happening by containing all the B Vitamins in their natural state, not engineered like most other energy products that rely on artificial B Vitamins and caffeine to provide energy. Our B Vitamins are more easily absorbed because they are natural and work synergistically with the other nutrients in algae..

9. **ENERGYbits provide naturally occurring nitric oxide,** a vasodilator that opens blood vessels and facilitates blood flow which improves performance and increases alertness. As the blood flow increases, more oxygen is delivered to your muscles and brain, fatigue is reduced and focus is enhanced. Other energy products do not contain natural nitric oxide. ENERGYbits facilitates this naturally.

10. **ENERGYbits increase mental focus** due to many factors including the aforementioned nitric oxide but also because of their high concentration of Essential Fatty Acids (EFA) such as Omega-3. Fish has long been referred to as ‘brain food’ due to its high concentration of Omega-3 but a little known fact is that fish don’t create Omega-3, they get it from eating algae. That’s why ENERGYbits are a better, more efficient source of Omega-3. Healthy fats are critical for brain and heart health. The brain is almost 60% fat and requires Essential Fatty Acids to perform optimally. The Essential Fatty Acids in ENERGYbits can restore an athlete’s focus which tends to deteriorate with fatigue. Virtually no other energy products contain Omega-3 so they can’t offer this benefit. But ENERGYbits does. Naturally.

11. **ENERGYbits contain glycogen for steady energy** in the form of **polysaccharides**. ENERGYbits® spirulina contain approximately 18% carbohydrate and sugar. The primary forms of carbohydrates are rhamnose and glycogen, two polysaccharides that are easily absorbed by the body with minimum insulin intervention. This allows ENERGYbits spirulina to provide quick



energy, without taxing the pancreas or precipitating hypoglycemia and without having any impact on glucose or ketones. ENERGYbits have ZERO net carbs which allows them to provide steady energy and make them perfect for anyone following a keto or low carb or low sugar diet.

12. ENERGYbits contain Ribose which is found in spirulina and which stimulates ATP production to increase energy, focus and speed recovery. Ribose is a pentose sugar and is essential for the production of cellular energy since it stimulates ATP which is the source of all energy for the body's cells. Ribose is a sugar that the body recognizes as special and it behaves more like an enzyme. It is necessary for fueling the brain, heart, musculature and other bodily tissues as well as increasing mental energy, alertness and drive. Every cell requires adenosine triphosphate (ATP) in order to function. When ATP is not being produced in sufficient amounts it can result in inadequate energy supply to our cells. When the individual cells that comprise organs and tissues cannot generate energy, the result is a feeling of fatigue. Taking spirulina which contains Ribose will prevent this. Without ribose for ATP synthesis, no ATP is generated. For this reason, when bodily tissues become starved for energy (as happens in endurance and high intensity sports), D-ribose is crucial to returning the cells to ATP production so energy can be restored and recovery can be facilitated. [D-Ribose](#) is critical for athletes who have lactic acid buildup in their muscles. D-Ribose can get energy to cells which are robbed of energy by the lactic acid blockade. ENERGYbits restore Ribose and energy to the athlete naturally.

13. ENERGYbits contain high concentrations of Gamma-Linolenic Acid (GLA) an essential fatty acid that reduces inflammation. In fact, spirulina is the second highest concentration of GLA in the world (only mother's milk has more GLA than spirulina). A 10 gram serving of spirulina has



235 mg of GLA and as comparison, 500 mg of evening primrose oil has only 45 mg. *Essential fatty acids (EFA') such as gamma linolenic acid are converted to hormone-like substances known as eicosanoids and prostaglandins that act as messengers involved in reproduction and in inflammatory response.* EFAs are essential to human health but cannot be made in the body. For this reason, they must be obtained from food like spirulina and are needed for normal brain function, growth and development, bone health, stimulation of skin and hair growth, regulation of metabolism, and reduction of inflammation – which is important for everyone.

14. ENERGYbits have ONE INGREDIENT, ONE CALORIE and NO METALS, CONTAMINENTS or banned substances. This is very important for athletes and NASA professionals to be aware of because their careers depend on what they put in their body. ENERGYbits is the ONLY algae company in the USA/Canada endorsed by doctors and Olympic athletes. This is not only due to the purity and nutritional density of our algae but also because we guarantee 100% safety of our algae and have our algae tested in the USA by an FDA-approved lab . We provide these 16 page lab tests to medical professionals who request them. ENERGYbits spirulina not only provide energy and focus, they are the cleanest fuel/food in the world, fit into any dietary lifestyle choice- keto, paleo, vegan, raw, plant-based and more. They are a sustainable, whole food. There are no other energy products that offer all this or the same amount of nutrition. ENERGYbits stands alone as the superior way to fuel your body – safely and naturally.

15. ENERGYbits are KETO, PALEO, have ONE INGREDIENT, ZERO net carbs and ZERO impact on KETONES. ENERGYbits are the perfect KETO or PALEO food because they have the highest concentration of protein (64%) in the world - 3 x that of steak and a high concentration of essential fatty acids. Both of these factors combined with the fact they contain just ONE ingredient and ZERO net carbs makes them the



perfect KETO food. Tests have shown that ENERGYbits have ZERO affect on ketones or glucose, confirming they are a perfect addition to any keto diet or any other diet with sugar restrictions such as diabetics or cancer patients. Additionally, the blue pigment found in spirulina algae has been shown to have anti-angiogenesis properties (shrinks/reverse the growth of blood vessels to tumors and cancer).

16. **ENERGYbits are an eco-friendly, sustainable crop.** Not only is algae good for your body, it is good for the environment too. Algae releases oxygen and removes carbon dioxide from the air as it grows. It also requires very little land or water to grow, making it one of the most eco-friendly, efficient crops in the world. It produces two hundred times more protein per acre than beef while using only one tenth of the water. Algae is also a more sustainable, eco- friendly source of Omega-3 than fish oil so it preserves the ocean's wildlife and ocean eco- system. This is in contrast to the damage that results from overfishing for fish oil, as Swedish researcher Dr.Fredrika Gullfot explains: *" the situation for the oceans is acute, and almost 70 to 80 percent of fish stocks are fully exploited or already overfished. If this continues we risk a complete ecological collapse."* By fueling your body with ENERGYbits you can help restore the environment in ways that other energy products can't.

To purchase your ENERGYbits spirulina tablets visit www.energybits.com. For more information or questions, contact customercare@energybits.com



bits®

algae tablets



SPORTS Performance



Want an improved performance?
ENERGYbits® spirulina tablets

TOP 10 REASONS:

1. STEADY ENERGY/FOCUS from plant-based source
2. ZERO sugar, caffeine, chemicals, soy or gluten
3. HIGH BIO-AVAILABILITY, instant absorption
4. VASODILATOR- improves blood flow & oxygen
5. HIGH PROTEIN (64% - 3 x steak) 18 aminos
6. HIGH FAT including Omega-3, DHA and GLA
7. HIGH chlorophyll improves ATP & mitochondria
8. HIGH Vitamin B's improve energy & methylation
9. FORTY vitamins & minerals nourish body & brain
10. KETO, PALEO, Vegan, Organic, Non-GMO crop


energybits
add more life to yours one bit at a time

SPORTS Recovery



Want a better, faster recovery?
RECOVERYbits® chlorella tablets

TOP 10 REASONS:

1. REMOVES LACTIC ACID & reduces muscle pain
2. HIGH CHLOROPHYL builds immune system
3. HIGH RNA/DNA supports muscle recovery
4. HIGH PROTEIN rebuilds muscle (3 x steak)
5. FORTY VITAMINS & MINERALS nourish body
6. HIGH ANTIOXIDANTS remove free radicals
7. HIGH Vitamin K2 helps prevent disease
8. IMPROVES MITOCHONDRIA & ATP production
9. ZERO SUGAR, Organic, Non-GMO, Vegan, Keto
10. PLANT-BASED, ALKALINE, SCIENCE-BASED


recoverybits
add more life to yours one bit at a time