

Have you ever wished you
had more energy?



WILD ABOUT *Marine Phytoplankton!*

Where does energy come from? To answer these questions we need to begin with the ultimate source of energy- the sun. We harness the sun's energy through direct contact and diet. Plants absorb the sun's energy through photosynthesis and are later consumed by animals and humans, thus conveying the sun's energy. The closer we eat to the original source, the sun, the more energy and nutrients we receive.

Scientists theorize that millions of years ago tiny micro-organisms, called phytoplankton, pioneered the ability to convert energy, or light from the sun, into essential nutrients and oxygen (Photosynthesis). These unique micro-organisms provide all other life forms with essential nutrients, trace elements and oxygen. Phytoplankton fuels life at all levels. In addition to being the most important superfood available to

harness solar energy and deliver essential nutrients, phytoplankton supplies our atmosphere with up to 90 percent of it's oxygen. Which means most of the world's oxygen doesn't come from forests, grasslands or lush tropical jungles, but microscopic ocean plants.

Phytoplankton nourishes all the oceans of the world, but thrives in the pristine waters of the Pacific Northwest. The unique Pacific tides carry and mix nutrients from immensely deep ocean water through upwellings, back eddies, and fjords creating the world's most diverse and nutrient rich blend of phytoplankton. These nutrient-saturated currents create a literal cauldron of life.

The micronutrients found in phytoplankton are exactly what our cells need to function at optimal levels. Delivering such

a high density of nutrients to our cells will enhance the structure and function of all organs in our bodies. Conversely, a diet lacking in these micronutrients challenge cellular integrity resulting in dysfunction and increased disease. The words of Jacques Cousteau begin to ring in our ears; ***"The future of nutrition is found in the ocean."***

"Marine Phytoplankton is a pure source of nutrients that can help to restore vital cell functioning" Glenn E. Richardson Ph D.



Glenn E. Richardson
Professor
College of Health
University of Utah