Abstract

Undernutrition constitutes a public health problem particularly in developing countries. The utilization of algae, particularly Spirulina, as a functional food was suggested decades ago due to the fact that it is not only a protein-dense food source, but because its amino acid profile is considered as of high biologic-value protein content. Spirulina provides essential fats (e.g., gamma-linolenic oleic acids), concomitant to low content nucleic acids. It also has an exceptionally high content of vitamin B12, is a good source of beta-carotene, iron, calcium and phosphorous. Moreover, Spirulina has also proven to have good acceptance as of its organoleptic properties (thus making it a possible prospect for food or a nutrition supplement) and it has not exhibited neither acute nor chronic toxicities, making it safe for human consumption.

Keywords

Arthrospira, Functional foods, Nutritional value, Spirulina, Toxicological profile.