

AFA Comparison Chart

Health Benefits	<i>Aphanizomenon flos-aquae</i> (AFA)	Spirulina	Chlorella
Nutritional properties	AFA grows naturally in Klamath Lake, Oregon. Nearly 90% of the waters flowing into Klamath Lake come from natural springs. Before entering the lake this water travels through miles of volcanic soil, providing a wide variety of minerals and nutrients.	Spirulina grows in man-made ponds and its nutritional profile may be limited by the nutrients artificially added to the growing media.	Chlorella grows in man-made ponds and its nutritional profile may be limited by the nutrients artificially added to the growing media.
Safety	When produced under a stringent quality control program, AFA is considered to be safe.	When produced under a stringent quality control program, Spirulina is considered to be safe.	When produced under a stringent quality control program, Chlorella is considered to be safe.
Effect on nervous system	AFA has recently been shown to be an exceptional source of phenylethylamine (PEA). <i>PEA is a natural endogenous modulator of the nervous system. Oral intake of PEA has been proven to stimulate concentration and provide mental energy, as well as to elevate mood and alleviate depression.</i>	Spirulina does not contain PEA and is not known to have an effect on the nervous system.	Chlorella does not contain PEA and is not known to have an effect on the nervous system.
Lipid profile	In a Harvard University study, AFA has been shown to be a significant source of omega-3 polyunsaturated fatty acids. <i>Omega-3 fatty acids are essential for health; deficiency in omega-3 fatty acids are linked to cardiovascular problems, high cholesterol, depression, Attention Deficit Disorder, inflammatory conditions and other health problems.</i>	Spirulina contains little omega-3 fatty acids, though it is a good source of omega-6 fatty acids.	Chlorella contains only a small quantity of polyunsaturated fatty acids.

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Production of free radicals by immune cells	The immune system is one of the main contributors to oxidation in the body. AFA has been shown to reduce the background production of free radicals by polymorph nucleated cells.	No data available.	No data available.
Mobilization of immune cells	Taking 1500mg (1.5g) daily of AFA has been shown to stimulate the mobilization of lymphocytes B and T from lymphoid tissues and to increase the number of circulating lymphocytes.	Spirulina was not shown to have any effect on lymphocyte mobilization.	Chlorella was not shown to have any effect on lymphocyte mobilization.
Stimulation of macrophage activity	AFA contains a unique polysaccharide that has been shown to stimulate macrophage activity.	Spirulina contains a unique polysaccharide that has been shown to stimulate macrophage activity, though the potency is roughly 1/4 that of AFA.	Chlorella contains a unique polysaccharide that has been shown to stimulate macrophage activity, though the potency is roughly 1/2 that of AFA.
Anti-inflammatory properties of phycocyanin	AFA contains a significant amount of phycocyanin, which has been shown to be a potent specific COX-2 inhibitor. <i>COX-2 inhibitors are known to help prevent inflammation and pain.</i>	Spirulina contains a significant amount of phycocyanin, which has been shown to be a potent specific COX-2 inhibitor.	Chlorella contains no phycocyanin and has no specific effect on inflammation.
Stimulation of Natural Killer (NK) cell migration	Taking 1500mg (1.5g) daily of AFA has been shown to stimulate the migration of NK cells from the blood to the tissues. <i>NK cells are known to be scavengers and killers of cancer and virally infected cells.</i>	When tested, Spirulina did not show any effect on NK cell migration.	When tested, Chlorella did not show any effect on NK cell migration.