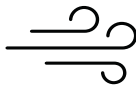
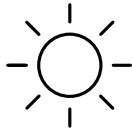


Spira

grow

Kit Instructions



Note from the Founder:

The Spira Grow Kit allows anyone to own their nutrition. Your kit only needs sunlight, water, and a few simple salts to easily produce the most nutrient-dense food on the planet.



Thanks for joining the conspiracy. Your support means the world to us. Each kit ordered gets us one more step towards enabling access to nutrition anywhere for everyone.

The box in front of you is no ordinary container. In it you have the means of growing the most efficient source of nutrition on this planet.

Spirulina is nutritional energy distilled from sunlight. By growing your own spirulina, you're tapping into millions of years of refined evolution to prepare for a healthier future.

Just like spirulina, we're constantly growing. We thrive on the basis of your feedback so don't hesitate to reach out and work with us to continue to improve the world we live in.

Elliot Roth, CEO
elliot@livespira.com

What is Spirulina?

Biology

Spirulina is a tiny blue-green single-celled helical cyanobacteria. It has an easily digestible peptidoglycan cell wall, breaking down almost immediately in the stomach. Normally 300 - 500 microns in length, spirulina grows at a pH of 8 - 11 and is highly resistant to contaminants.

History

Arthrospira platensis, commonly known as spirulina, has been grown worldwide for centuries. The Aztecs used to cultivate tecuitlatl or spirulina in Lake Texcoco, the natural alkali lake located around modern-day Mexico City. They would turn to spirulina in times of famine as a means of supplementing their nutrition. After the Aztecs were wiped out, the Kanembu tribe continued the tradition of spirulina cultivation, harvesting what they call dihe daily from Lake Chad.

In 1974, the United Nations declared spirulina as the best food for the future. NASA and the ESA are currently investigating spirulina as a potential food source for astronauts.

Taste

Fresh spirulina tastes neutral; like water. This means that it may be added to any dish that is already in your diet, such as pastas, pancakes, and smoothies, adding to nutritional value without altering flavor.

Why grow/eat?

Fresh spirulina is neutral tasting and is more bioavailable than the powdered variety. By growing your own you can save money and use fresh spirulina as a daily supplement.

Spirulina is mostly protein and micronutrients, containing 60% protein-by-weight (nearly 3x the amount of beef). It is incredibly easy to grow, doubling every 23 hours, requiring only air, water, light and a few simple salts.

Spirulina has a blue pigment phycocyanin, which has been exhibited to have medicinal properties. It is particularly protein-rich, iron-rich, and a substantial source of 13 vitamins and 8 minerals without very many calories or carbohydrates.

Ecological Footprint

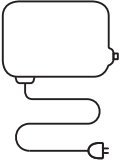
Spirulina doubles daily and only requires air, water, light and a few simple salts. This means that spirulina can be produced with less land, water and energy costs on a gram-per-gram basis compared to beef.

What is in this Kit?



Airstone 0.35 / 10 g

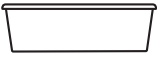
Weighted silica airstone that disperses bubbles into the tank for mixing. Use with the pump and place at the end of your tubing for proper agitation.



Air pump 7.5 x 5.5 x 2 inches; 6.4 oz / 181 g

2 watt 2.07 psi 0.73 L/min

Plug and play pump. Use in conjunction with the airstone and tubing in order to mix your spirulina culture.



Bucket filter 2.5 oz / 71 g

Fits on the lid of a standard 5 gallon bucket. Used for harvesting. Wash by hand after use.



Nutrient powder 6.35 oz / 180 g

Spirulina food. This is everything required to grow 5-10 gallons of spirulina.



pH strips

x100 pH strips. Use once every 1-2 weeks to make sure your tank is at a pH of 10 or more.



Siphon

Pump to start filtering out spirulina. Use in combination with the tubing and bucket filter.



Spira Grow Starter 10 oz / 300 mL

A bottle packed with billions of unicellular squiggles. Add this to 5 gallons to start growing strong.



5' tubing 8 oz / 228 g

[Food-grade silicon tubing.] Use for your bubbler.



Suction cups

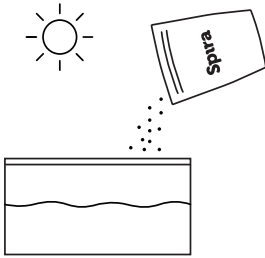
Helps organize tubing along the outside of tank.

You will also need:

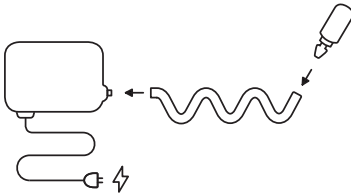
10 gallon tank
5 gallon bucket
1 cup baking soda

*not to scale

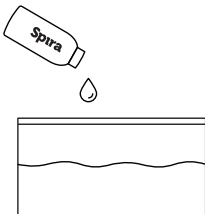
How to Grow:



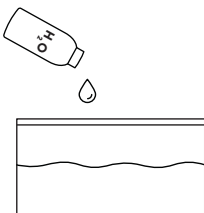
1. Fill a clean tank halfway with 5 gallons of water and place by a sunny window. Empty bag of nutrients into the tank.



2. Connect tubing to the pump. Afterwards, plug the pump into an outlet. Connect the airstone to end of tubing and place in tank.

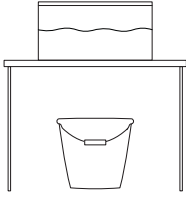


3. While the water is bubbling, pour spirulina culture slowly into tank. The water should be a light green color. Use a clear covering to avoid dust.

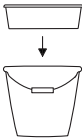


4. Wait 1–2 weeks for the spirulina to multiply. Once the tank is a dark green color, fill it with additional water and nutrients to 10 gallons.

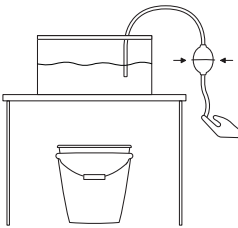
How to Harvest:



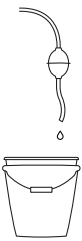
1. Place the 5 gallon bucket beneath your tank.



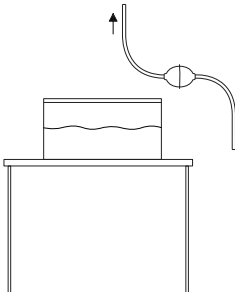
2. Put the bucket filter on top.



3. Pump the siphon to start while having a finger on the opposite end.



4. Drop the harvest tube into the bucket.



5. Once you have your desired amount, lift the tube out of the water to stop the flow. Rinse harvested spirulina with water to remove salts.

What the FAQ:

My spirulina is yellow/pale green after a few weeks. What could be the issues that I'm facing?

Spirulina changes color when stressed. Color issues when growing spirulina include:

- Not treating the water with nutrients before adding it to the culture
- Temperature outside of normal ranges 18 - 37 C (65 - 98 F)
- Light outside normal ranges of 300-3000 lux
- Not the proper nutrient mixture

What happens if my spirulina floating or sinking?

That's perfectly normal! Remove the clumps with a strainer. Ensure that the pump is mixing properly and harvest more often. Clean your tank monthly to prevent clumps and replace the nutrients.

What ways can I use the spirulina that I'm growing?

Live spirulina is an incredible ingredient that is a boost to any existing food. Fresh spirulina can last a few hours when left in the open, a few days in the refrigerator, and a few months in the freezer. Make a smoothie, mix it in your breakfast, or eat it plain. Our favorite is taking it like a shot of wheatgrass or mixing it into our everyday foods.

What if I go on vacation?

You can put your spirulina in a slow growth stage by reducing the temperature, partially shading the culture, and harvesting before

you leave.

What if I can't find adequate sunlight?

A lamp shining directly at the spirulina works perfectly fine.

I think it's dead, what do I do?

Take a small sample and put it in a new container with nutrients. If it still doesn't grow, give us a call and we'll see how we can help. Remember just a single cell can a whole new batch of spirulina. We recommend setting aside a backup culture just in case something goes wrong.

Contact

If you have any feedback, or want to show us some love, send us an email at info@livespira.com or call us at 804-372-7013

Social Media

Website: www.livespira.com

Instagram: @spirainc

Facebook: @spirainc

Twitter: @spirainc