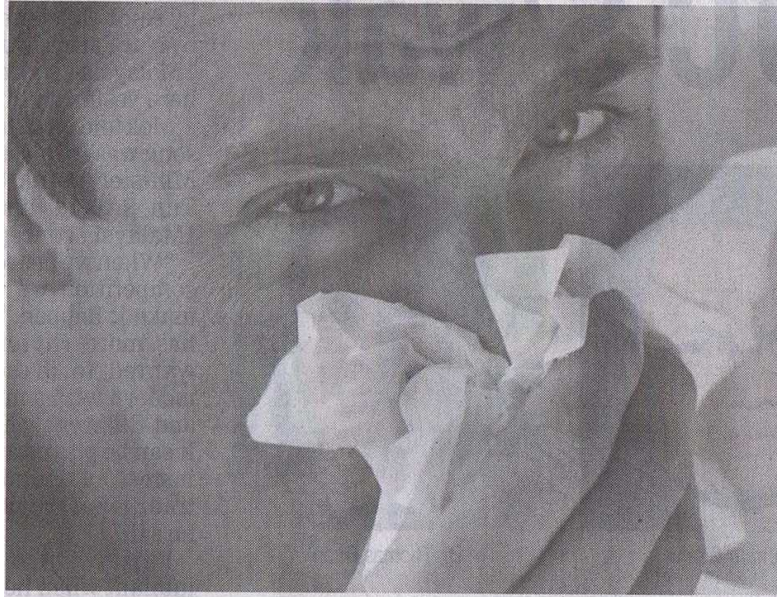


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## A Cure for H1N1?

Numerous studies have indicated anti-viral properties in spirulina. According to a study by Dana-Farber Cancer Institute and Harvard Medical School, spirulina has shown its potential against HIV and other viruses. Small amounts of spirulina reduced viral replication while higher concentrations totally stopped its reproduction. Most importantly, the spirulina extract was non-toxic to humans even at high levels.

In a recent discovery, spirulina has also surprisingly exhibited the ability to inhibit the infection and reproduction of influenza A (H1N1) virus due to its phycocyanin content. Dr Yasumasa Kodo revealed that a 6-day experiment conducted on mice infected with A (H1N1) virus revealed that all mice that were not fed with spirulina died whereas all mice fed with low and high spirulina dosages respectively survived with the latter group showing marked improvement.

The reason behind this is actually simple. When attacking a

cell, a virus first attaches itself to the cell membrane. However, because of the spirulina extract, the virus cannot penetrate the cell membrane to infect the cell. The virus is thus stuck, unable to replicate. It is then a matter of time before the body's natural defenses eliminate it.