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## ***Phytoplankton.***

By: [Julia Henriques](#) -



Phytoplankton are tiny, microscopic plants that are the base of the food chain in the ocean.

All ocean life depends on phytoplankton.

Phytoplankton is one of the **most valuable sources of nutrition on earth.**

It's incredibly high in nutrition and health benefits.

And when it comes to our dog's health, phytoplankton isn't just any old seaweed ... this stuff is seriously potent.

Phytoplankton are single-celled organisms that contain nearly **every nutrient your dog needs.**

Its whole nutrition fuels the entire ocean and it can fuel your dog with:

Essential fatty acids

Trace minerals

Chlorophyll

Antioxidants

Essential amino acids

Protein

Carotenoids

Vitamins

Giving your dog even the tiniest amounts of phytoplankton can boost his health.

And as researchers are finding out, it fights cancer and other diseases too.

### **Reasons to feed your dog phytoplankton.**

Here are just some of the reasons you should add [phytoplankton](#) to your dog's diet.

#### #1 Helps dogs with digestive issues

Phytoplankton is a **whole food** that delivers a highly concentrated source of balanced nutrition.

This means your dog can absorb this nutrition without having to digest it first.

Usually, your dog's digestive system has to break down food before the body can use it for energy.

But phytoplankton is made up of tiny nanoparticles, so the body's mucous membranes can absorb it.

This means phytoplankton delivers energy directly to the body's cells. Dogs with [leaky gut syndrome](#), [EPI](#), digestive upset and bowel disease will have trouble getting proper nutrition from their food.

## #2 Can replace toxic fish oils

Fish aren't born with high levels of omega-3 fats.

Just like your dog, they need to get omega-3 in their diet. And they get it from phytoplankton.

Omega-3 fatty acids support the immune system and cognitive function. They're also good for heart, skin and joint health. Omega-3s can also help reduce inflammation in the body, minimizing the risk chronic disease.

Phytoplankton contains the [Omega-3 essential fatty acids](#) DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid).

And it contains nearly double the amount of omega-3 fats by weight as fish oil.

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**Know this!** >> But fish oils oxidize when exposed to oxygen.

This actually increases inflammation in your dog.

And fish contain mercury and other heavy metals, PCBs and other toxins.

**Know this!** >> And Pacific fish are suffering from the effects of radiation.

These toxins all get passed to your dog and outweigh any benefits from the omega-3 fats.

**Know this!** >> And fish oil is not sustainable and creates dead zones in our oceans.

*[Related] Read more about the reasons why you should [dump fish oil from your dog's diet here.](#)*

#3 Most dogs are mineral deficient.

This is where things go wrong! >> Most dogs (as well as people) are deficient in trace minerals.

One important reason for this deficiency is the widely used pesticide glyphosate (Roundup).

Glyphosate chelates (binds to) trace minerals such as copper, iron, cobalt and manganese.

Trace minerals are essential to good health as they support critical biological functions.

This includes digestion, growth and hormone regulation, enzyme function and thyroid health.

And manganese-**deficient dogs** are much more likely to **develop joint disease and cruciate tears.**

Trace minerals **can prevent and reverse serious disease:**

Selenium has been shown to prevent cancer tumors.

Magnesium supports heart, joint and neurological health

Iodine regulates thyroid function.

#4 Fights cancer and disease.

The body naturally produces free radicals through metabolism.

Environmental factors like pollution also play a huge role.

These are unstable atoms that can damage cellular health and cause cells to die.

Free radicals build up in the body like rust and they are the cause of all disease and premature aging.

*National Cancer Institute tests and studies show phytoplankton has cancer-killing potential.*

*And that's because of its antioxidant properties.*

Antioxidants are molecules that can prevent this cell damage.

They help **prevent cancer, heart disease, eye problems, and immune system issues.** They also have anti-aging effects.

[National Cancer Institute tests and studies](#) show phytoplankton has **cancer-killing potential.** And that's because of its antioxidant properties.

In fact, phytoplankton contains what's known as the king of antioxidants, **Superoxide Dismutase (SOD).**

**SOD** is the body's most powerful antioxidant enzyme ... it protects cells and helps remove toxins, including heavy metals from the body.

Researchers found that the longest-lived animals, like sea turtles, contain large amounts of SOD.

Shorter-lived animals, like mice, contain only small amounts.

***Know this!*** >> *So SOD is a most important addition to your dog's diet!*

SOD uses a process called dismutation to deactivate a free radical called superoxide.

This turning the free radical into hydrogen peroxide, which then breaks down into harmless oxygen and water.

**Know this!** >> SOD is said to be 3,500 times more potent than vitamin C.

**Phytoplankton is considered the best bioavailable source of SOD,** making it a powerful antioxidant and detoxification agent ... especially compared to other antioxidant sources like berries and vegetables that must be digested before the body can use them.

### #5. Supports the liver.

Because phytoplankton is absorbed on the cellular level, **the liver gets a break** from digesting food.

The liver is the master organ for detoxification in the body.

It's vital for the absorption of nutrients.

As your dog ages or experiences health problems, the liver can lose its ability to accomplish these jobs.

This makes it harder to absorb vital nutrients.

Phytoplankton can deliver nutrients that help **restore liver health** without making it work for those nutrients.

### **Choosing phytoplankton.**

A good [quality phytoplankton source](#) should be:

Sustainably grown on land with sunlight

Free of radiation, heavy metals or other toxins

Watered with filtered ocean water

Non-genetically modified (GMO), vegan and without fillers.

### **Dosage.**

Due to its high **bioavailability**, you'll only need a small amount: about 1/16 teaspoon a day for any sized dog (unless the phytoplankton contains fillers).

### **Whole body benefits.**

[Phytoplankton](#) is a superfood that can:

Support mobility and joint health

Manage skin issues and allergies

Improve cellular function ... leading to healthier organs (like the liver and thyroid)

Reduced inflammation

Improved digestion

Increased energy and stamina

Reduced hyperactivity and anxiety

Help with detoxification.

Phytoplankton is just now being researched **for its health and nutrition benefits.**

**It truly is the king of antioxidants and quite possibly the “king of all supplements.”**