

PERGA

BIOHACKING SIMPLIFIED

ENHANCED ORGANIC
SPIRULINA
AM CELLULAR ENERGY



COMPLETE NUTRITIONAL PROFILE · 2026 EDITION

CoreBlue

One serving. One source. Everything inside.

FORMAT

140 Tablets · Bag

SERVING

5 Tablets · 2,360 mg

VERIFIED BY

USP · USDA Organic · Non-GMO

AT A GLANCE

One serving. One source.

Backed by USP Dietary Ingredient Verification, USDA-NOP Organic certification, Non-GMO Project verification, and a decade of historical analytical data on the certified organic spirulina inside every CoreBlue tablet.

2,360_{mg}

Organic Spirulina

Whole-cell *Arthrospira platensis*. The entire active source — no isolates, no concentrates.

300_{mg}

Phycocyanin

The signature blue antioxidant pigment. Naturally occurring within the spirulina cell.

700_{mcg}

Total Carotenoids

Including naturally occurring astaxanthin, β-carotene, and zeaxanthin.

DAILY SERVING SIZE



5 Tablets · Taken with AM water

Delivers 2,360 mg organic spirulina · 300 mg phycocyanin · 700 mcg total carotenoids.

PHILOSOPHY

Whole-cell, not isolated

SOURCE

USP-verified organic spirulina

FREE FROM

Allergens, isolates, dyes

WHAT'S NATURALLY INSIDE · PER 5-TABLET SERVING

Macronutrients & Vitamins.

Typical analysis of the naturally occurring nutrients within 2,360 mg of Perga's enhanced organic spirulina. Values reflect six batch-years of historical analytical means on the certified organic source used in CoreBlue.

MACRONUTRIENTS

Calories	9 kcal	Total Fat	158 mg
Protein	1,556 mg	Saturated Fat	61 mg
Total Carbohydrate	420 mg	Polyunsaturated Fat	52 mg
Dietary Fiber	<100 mg	Monounsaturated Fat	9 mg
Sugar	0 g	Omega-6 Fatty Acids	54 mg
Cholesterol	0 mg	GLA (Gamma-Linolenic Acid)	20–40 mg

VITAMINS

Vitamin A (β-carotene)	950 mcg	Pantothenic Acid (B5)	0.018 mg
Vitamin E	0.10 IU	Pyridoxine (B6)	0.022 mg
Vitamin K1	0.06 mg	Biotin (B7)	0.5 mcg
Thiamine (B1)	0.04 mg	Folate (B9)	4.3 mcg
Riboflavin (B2)	0.12 mg	Vitamin B12*	7.5 mcg
Niacin (B3)	0.35 mg	Inositol	2.2 mg

**Vitamin B12 — Spirulina contains naturally occurring B12 compounds. The bioactivity of plant-source B12 varies, and CoreBlue is not intended as a primary source of supplemental B12.*

CONTINUED · PER 5-TABLET SERVING

Minerals & the complete protein.

MINERALS

Calcium	4.3 mg	Zinc	0.04 mg
Iron	1.1 mg	Copper	14 mcg
Magnesium	6.6 mg	Manganese	0.08 mg
Phosphorus	23.2 mg	Iodine	6.3 mcg
Potassium	35.0 mg	Selenium	0.2 mcg
Sodium	23.1 mg		

ESSENTIAL & NON-ESSENTIAL AMINO ACIDS Total ≈ 1,411 mg / serving

Spirulina is a **complete plant protein**. CoreBlue delivers all nine essential amino acids naturally — no isolates added, naturally rich in branched-chain amino acids and arginine.

ESSENTIAL · 9

Histidine	25 mg
Isoleucine BCAA	84 mg
Leucine BCAA	132 mg
Lysine	71 mg
Methionine	32 mg
Phenylalanine	66 mg
Threonine	72 mg
Tryptophan	21 mg
Valine BCAA	86 mg

NON-ESSENTIAL · 9

Alanine	109 mg
Arginine	102 mg
Aspartic Acid	137 mg
Cystine	14 mg
Glutamic Acid	197 mg
Glycine	74 mg
Proline	55 mg
Serine	68 mg
Tyrosine	68 mg

PIGMENT SCIENCE · PER SERVING

The color of spirulina is the proof inside.

HERO PIGMENT

300

mg phycocyanin

The blue chromophore unique to spirulina — and the single largest active in every CoreBlue serving. It's why the source must be both *certified organic* and *analytically verified*.

PHYCOCYANIN

Total Carotenoids

700 mcg β -Carotene (Vit A activity)**≥330** mcg

Natural Astaxanthin

≥70 mcg

Chlorophyll a

≥23 mg

Gamma-Linolenic Acid (GLA)

20–40 mg

Superoxide Dismutase (SOD)

Naturally occurring

Zeaxanthin

Cell-wall structure

⁰⁵Trace

Whole-cell COMPLETE NUTRITIONAL PROFILE

INDEPENDENTLY VERIFIED · BATCH-TESTED

Tested clean. Verified clean.

CALIFORNIA PROP 65 STATUS The most stringent heavy-metal standard in the US

ELEMENT	STATUS	TEST METHOD
Lead	● Compliant	ICP-MS
Arsenic	● Compliant	ICP-MS
Cadmium	● Compliant	ICP-MS
Mercury	● Compliant	ICP-MS
Microcystin	● Compliant	ELISA

Tested against California Prop 65 — the most stringent heavy metal standard in the US. Verified compliant at 6–8 g daily intake, well above CoreBlue's 2,360 mg serving.

CERTIFICATIONS & STATEMENTS

✓ USP Dietary Ingredient Verification Independently audited spirulina source	✓ USDA-NOP · EU Organic · Naturland Triple-certified organic across regions
✓ Non-GMO Project Verified	✓ FDA GRAS · BRCGS Food Safety
✓ Halal · Star-K Kosher	✓ ISO 9001 · 14001 · 45001 Quality, environmental, occupational safety
✓ Pesticide & Herbicide Free	✓ Irradiation & Ethylene Oxide Free
✓ BSE/TSE Free · No Sewage Sludge	✓ Free from US Big 9 & EU 1169/2011 allergens

Not all spirulina is created equal.

CoreBlue is built on a certified organic spirulina source verified through USP's Dietary Ingredient Verification Program. Compared to standard commodity spirulina, CoreBlue's source delivers naturally higher levels of phycocyanin, carotenoids, and chlorophyll, with one of the cleanest contamination profiles in the category.

2x

More Phycocyanin

3x

More Carotenoids

1.5x

More Chlorophyll

vs. standard commodity spirulina — internal analytical comparison.

ABOUT THIS PROFILE

Values shown reflect typical analysis based on six batch-years of historical analytical data on the certified organic spirulina source used in CoreBlue, scaled to a 5-tablet (2,360 mg spirulina) serving. Natural variation occurs batch to batch; values are representative, not guaranteed minimums.

This document is not the FDA Supplement Facts panel — see the product label for declared label values.

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.*

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