

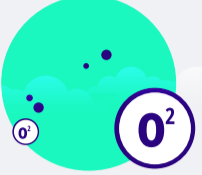
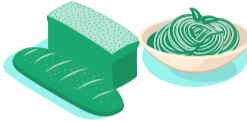
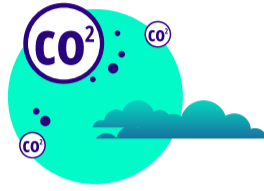


What's the potential of microalgae on a sustainable & healthy diet?

PRO FUTURE

Some promising reasons to include microalgae in a sustainable diet

-  Grow using renewable resources.
-  Do not compete for soil with conventional plant sources.
-  Produce about 75% of the global supply for oxygen.
-  Grow 4-5 times faster than other vegetable proteins.
-  Can be 10-50 times more effective in capturing CO₂ and sunlight for photosynthesis compared to plants.

Consumers asked microalgae scientists...

TASTE

What do they taste like?

Often described as 'fishy', 'bitter', 'vegetables-like', 'briny/salty' or 'savory'. For some, this is an unusual taste, so companies are developing techniques to neutralise it. ProFuture is refining some well-known recipes with microalgae.

Are microalgae beneficial for sporty people?

Microalgae are rich in **proteins**. Spirulina and Chlorella can also be used as nutraceuticals (i.e. medically or nutritionally functional foods). They are good supplements for sporty people, e.g. **improving cardiovascular and respiratory fitness**.

NUTRITIONAL BENEFITS

Are microalgae superfoods?

'Superfoods' is not a scientific term – a **balanced diet based on a variety of nutritious foods** remains the best way. Microalgae with its dense nutritional content can be part of this diet.

- POLYUNSATURATED FATS
- PROTEINS
- BIOACTIVE COMPOUNDS
- VITAMINS

NUTRITIONAL BENEFITS

Is it suitable for vegans?

Microalgae can be a suitable source of **Omega-3 fatty acids**. Microalgae oils are **often used in supplements** for vegans or vegetarians.

SAFETY

Do microalgae contain heavy metals?

Microalgae are often exposed to heavy metal pollution due to waste in our water. However, microalgae intended for the use in food can be cultivated under **controlled conditions to avoid this**.

Are microalgae safe for consumption?

Yes. **Food products containing microalgae are tested to make sure they meet EU standards for safety**.

For any questions, please contact us: info@pro-future.eu

Learn more about the sources [here](#).

Learn more about microalgae innovation at: <https://www.pro-future.eu/>

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