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E3 live is a blue-green algae type that you can find at the worldâ€™s best health food storesâ€”the stores that know what nature really has to offer. Blue-green algae like this is condensed and extremely powerful in a beneficial way for the body. There are numerous health benefits youâ€™ll get from E3 live, just as youâ€™ll get from proper enzymes function in the bodyâ€™s many cells. There are online sources this type of supplement, such as Green Earth Naturals, who provides different supplements to get you rolling, including E3 live and plant-based enzymes. This article will tell you a little about how to use an E3 live supplement.

Youâ€™ll want to probably begin with just one tablespoon per day, and then possibly work up to more than that depending on how your body reacts. Still, not everyone is alike, so you need to stay in tuned with your body. Luckily, clearing out your system with blue green algae can make this task of listening to the body a little easier. You may see some people requiring a little more of the algae at once, even in the beginning. For others, it may be just enough or they could even reduce the quantities!

Luckily, you wonâ€™t be doing your body harm if you overdo it here or there. That being said, more is not always better. Itâ€™s of course optimal to find a good balance for you so that your body can actually use what is put into it rather than letting it go to waste, passing out of your system before it gets used. You should also drink a few ounces of water with your E3 live. You can learn to get jazzier with juice or different ways of taking the algae with time, but for now, just get it down and see the results!

As you progress in your usage and as your body gets accustomed to using the high-packed, nutrient-dense supplement of blue green algae, youâ€™ll be able to increase your load so where you optimally use about one bottle per week (or about 16 fl oz per week). This generally delivers optimal results for everyone, maximizing the algaeâ€™s potential for your body.

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