

 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

## Spirulina may be helpful for sleep

An RCT in patients with ulcerative colitis<sup>1</sup> randomised patients to two 500 mg tablets per day of spirulina (*Arthrospira platensis*) or placebo for 8 weeks.

There were 40 patients in each group and significant benefits were found in reduced sleep disturbance and improved stress status and quality of life.

There was no benefit in anxiety, depression, fatigue scores or blood pressure.

Reference:

1. The effects of spirulina (*Arthrospira platensis*) supplementation on anthropometric indices, blood pressure, sleep quality, mental health, fatigue status and quality of life in patients with ulcerative colitis: A randomised, double-blinded, placebo-controlled trial. *Int J Clin Pract.* (2021) [View here](#)

[Click here](#) to view more Gems



Tweet



Share



Forward

If this email was forwarded to you and you would like to automatically receive Goodfellow Gems [Click here](#).

Copyright © 2021 Goodfellow Unit, All rights reserved.

You are receiving this email as you have previously registered for a Goodfellow Unit event, or have opted in at our website [www.goodfellowunit.org](http://www.goodfellowunit.org)

**Our mailing address is:**

Goodfellow Unit

The University of Auckland | Grafton Campus

22-30 Park Ave, Grafton

Auckland, Auck 1023

New Zealand