

# Spirulina

Chronixx

Good God of mercy, hey (Spirulina weh mi drink with medina)  
Good God of grace, hey (Spirulina weh mi drink with mi tea)  
Lord of his mercy, hey (Spirulina weh mi mix with medina)  
Zinc fence (Spirulina weh mi drink with mi...)  
Aaah Bwoy

Spirulina buil up mi confidence  
Rastafari run di continent  
Dis King Selassie-I you pay di consequence  
Don't get it confused  
Lawwd...

Gimmi a bottle a Spirulina  
Ah mek mi mix up di roots with medina  
Come off a tour an mi knee feel weak  
So mi go a Hope Road an go link Viva

Wha good fi yuh nerves, sour sop and sapata  
Coconut water fi wash off yuh heart, hey  
Nobody could a say Rasta soft  
Mi go link Viva fast, a never fever grass

Spirulina we blending, so you know I'll be spending every dollar out a mi bill fold, hey  
A bottle a di green and a it make me clean  
Say mi skill like Allan Skill Cole  
To yute...  
If you nuh get it you wi lose  
Mek you food be yuh medicine, yuh medicine yuh food  
Blend up i carrot wid i lettuce inna juice  
Nuh fraid fi mix i vegetable with i fruits  
Lawwd...

Gimmi a bottle a Spirulina  
Ah mek mi mix up di roots with medina  
Come off a tour an mi knee feel weak  
So mi go a Hope Road an go link Viva  
Hey

Gi wi a bottle a Spirulina  
Ah mek mi mix up di roots with medina  
Mi bredda Teflon waan gimmi a niece  
Wi drive go a Hope Road go link Viva

Mi a one yute wha tek mi body serious  
A nuh anything can go inna me tea cup  
Mi live like a king like Negast Negus  
Caesar drink rum til him body cease up  
But mi go link Viva him say him got it right here  
One bottle a spirulina and a cut a ripe pear  
An mi nuh like weakness that a mi worst nightmare  
An nuh gi mi Hennessy, nuh gi mi Red Stripe Beer  
Just...

Gimmi a bottle a Spirulina  
Ah mek mi mix up di roots with medina  
Come off a tour an mi knee feel weak

So mi go a Hope Road an go link Viva  
Woi...

Gimmi a bottle a Spirulina  
Ah mek mi mix up di roots with medina  
In a mi house soon look like a creech  
Cah mi go a Hope Road go link Viva  
Woi...

Busta (choose well)  
A bottle a sapata (spirulina)  
Coconut water (aaah bwoy)  
Blood tonic... di whole world love Chronixx...

Get in you mind, if you nuh get it you wi lose  
Yuh food be yuh medicine, yuh medicine yuh food  
Blend up di carrot wid di lettuce inna juice  
And nuh fraid fi mix i vegetable with i fruits  
Hey...

Spirulina weh mi drink with medina  
Spirulina weh mi drink with medina  
Spirulina weh mi mix with medina  
Spirulina weh mi drink with mi tea  
Again...

Spirulina weh mi drink with medina  
Spirulina weh mi drink with mi tea  
Spirulina weh mi mix with medina  
Spirulina weh mi drink with mi... aaah bwoy

[Vocals in between] Spirulina, Spirulina, Spirulina... Spurlina wha mi drink  
[Vocals in between] Spirulina Spirulina Spirulina, Spurlina... see nah mean