

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