

## Chlorella: The Superfood Powerhouse

### ***Chlorophyll: The Energy-Producing Pigment***

Chlorophyll. It's found in every plant and is responsible for transforming sunlight into energy. But chlorophyll cannot do this without carotenoids, the pigment that give plants their color.<sup>[1]</sup> As it turns out, carotenoids have also been found to play a tremendous role in preventing the oxidative damage to our cells<sup>[2]</sup> that is now regarded as one of the primary reasons we age<sup>[3]</sup> and become prone to disease.<sup>[4]</sup>

Knowing this, it would only make sense to consume foods with high levels of chlorophyll and carotenoids. The food that will give bestow upon you the greatest health benefits is found in the ocean. That food is chlorella.

### ***Looking to the Ocean for Superior Nutrition***

Residing in the ocean, Chlorella is a unicellular green algae that grows in fresh water and has the highest chlorophyll content of any known plant. In addition, chlorella contains all the amino acids essential for the nutrition of animals and human being while also containing fiber and enzymes.

### ***Chlorella: Helping Detoxify the Body and Treat a Myriad of Diseases***

According to research, chlorella has potential to help treat the following conditions:

- ✓ Fibromyalgia<sup>[5]</sup>
- ✓ High Blood Pressure and Ulcerative Colitis<sup>[6]</sup>
- ✓ Detoxification<sup>[7]</sup>
- ✓ Protecting against *E. Coli* bacterial infection<sup>[8]</sup>
- ✓ Cancer<sup>[9]</sup>

### ***How Much Chlorella Should I Take?***

Although no toxic effects have ever been seen with Chlorella, it is suggested that you take 3 grams of chlorella each day to help protect you against chronic disease.

Reference:

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4. Kritchevsky, S.B., *beta-Carotene, carotenoids and the prevention of coronary heart disease*. J Nutr, 1999. **129**(1): p. 5-8.
5. Merchant, R.E. *Nutritional supplementation with Chlorella pyrenoidosa for patients with fibromyalgia syndrome: a pilot study*. Phytother Res, 2000. **14**(3): p. 167-73.
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7. Morita, K., et al., *Chlorella accelerates dioxin excretion in rats*. J Nutr, 1999. **129**(9): p. 1731-6.
8. Tanaka, K., et al., *Augmentation of host defense by a unicellular green alga, Chlorella vulgaris, to Escherichia coli infection*. Infect Immun, 1986. **53**(2): p. 267-71.
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Available in either a powder or capsule form, supplementing chlorella to your diet is a "Must"