



Category 9  
Green Food Supplements



## Chlorella

(Broken Cell Super Food) 60 Tab #102630

**Description:** Chlorella contains almost 60% protein, all eight essential amino acids, impressive amounts of vitamins and minerals. Chlorella contains more chlorophyll than any other land or sea plant. Chlorophyll speeds healing of wounds and burns, is effective in treating colds and respiratory infections and is very helpful in improving bowel function.

### Contents / Ingredients

One of the plants arousing interest among researchers for its health potential is **Chlorella**. This single-celled, fresh-water algae is one of the earliest forms of life, approximately two billion years old. It and other forms of green algae are critical to life, participating in photosynthesis, the process responsible for removing poisonous carbon dioxide from the atmosphere and producing the massive amounts of oxygen that are required by all animal life. Chlorella has been found to be useful in **strengthening our immune system**, accelerating the healing of wounds, injuries and ulcers. It also helps to protect against toxic pollutants, normalizes digestion and bowel function, **stimulates growth and repair to tissues**, retard aging, and protects us against radiation.

Chlorella contains almost **60 percent protein**, and since it is able to produce this protein 50 times more efficiently than other protein crops, this unassuming algae could well serve as a valuable protein source in the developing countries, as well as in other areas of the world where the population is outstripping available land. Chlorella needs a small space to grow and yield about 40 tons per acre. This same acre can only produce about a half a ton of soybeans per year. - soybeans are only 39 percent protein. The most popular food grains, wheat (10 percent protein) and rice (7 percent) provide correspondingly less protein per acre.

**Chlorella contains all eight essential amino acids**, the constituents of protein. It contains **impressive amounts** of vitamin C, beta-carotene (provitamin

### Traditional Therapeutic Action

#### Supplement Facts

Serving Size 3 Tablets 3g (3,000 mg)

Servings per Container 20

	Amount Per Serving	% Daily Value
Calories	10	
Protein	2 g	4% (**)
Vitamin A (100% as Beta-Carotene)	3000 IU	60%
Vitamin B12	3 mcg	50%
Iron	3 mg	17%
Zinc	2 mg	13%
Chlorella	3 g (3000 mg)	(*)
Chlorophyll	60 mg	(*)
RNA	89 mg	(*)
DNA	8.3 mg	(*)

(\*) Daily Value not established

(\*\*) Percent Daily Value based on 2,000 calorie diet

Other ingredients: Cellulose, croscarmellose sodium, magnesium stearate.

Vegetarian product. Contains no yeast, wheat, gluten, corn, soy, milk, sugar, salt or preservatives.

A), B1, B2, B6, B12, niacin, pantothenic acid, folic acid, biotin, choline, inositol, PABA, vitamin E and vitamin K. Its mineral content includes phosphorus, potassium, magnesium, sulphur, iron, calcium, manganese, copper, zinc, iodine, and cobalt. It is also a source of lipoic acid, an important microbial growth factor. Due to a process developed in 1970 by the Japanese, the nutrients from chlorella became 85 percent more digestible. This supplement is now popular for both young and old and it is even digestible and prescribed for infants. **Chlorella** has been found to be an immune stimulator so is great for preventing and treating diseases such as cold viruses. In a group of approximately 1,000 Japanese sailors in 1971, half of them received two grams of chlorella a day, the others none. At the end of the three months cruise, the untreated sailors had 41 percent more colds than the chlorella-takers.

**Chlorella is very useful in treating the bowel.** The cell wall material in chlorella has a highly important effect in the intestines. It has the capability of improving bowel function, as it stimulates the growth of aerobic, friendly bacteria. The cell walls act to absorb poisons within the intestine and promote normal peristalsis. The intestinal tract, especially the small intestine, is lined with patches of lymphocytes which are stimulated by chlorella to destroy foreign invaders such as anaerobic bacteria. The ability of chlorella to stimulate the growth of beneficial bacteria and to detoxify chemicals can be put to good use by persons suffering from Candida albicans.

**Vegetarians** are often deficient in B12 and therefore face the possibility of developing pernicious anemia. Dr. Anthony Helmen and his colleagues at the University of Sydney in Australia studied 60 men and 60 women who had become vegetarians. It was found that 5 percent of the males and 27 percent of the females were deficient in iron, and that all of the volunteers had borderline low levels of vitamin B12. Chlorella contains more **chlorophyll** per gram than any other land or sea plant. Green algae are the highest sources of chlorophyll in the plant world, and of all the green algae studied so far, chlorella is the highest, often ranging from 3 to 5 percent chlorophyll. Chlorophyll is able to influence bacterial and animal growth, metabolism and respiration, **hormone action, nutrition, the immune system** and a number of disease states. It also speeds the healing of wounds and burns and can act as a deodorant. It has been used for bad breath and underarm odor. Many other benefits that have been researched and reported are - more than 1000 cases of **colds and respiratory infections** treated and cured with chlorophyll, 20 cases of colon disorders treated with chlorophyll. Most cases showed definite improvement - 25 percent improvement in wound healing.

**SUGGESTED DOSAGE:** As a dietary supplement, take 3 tablets daily, preferably with meals.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.