

Chlorella, a natural supplement

CHLORELLA is known as a natural health supplement that resides in the "Near Perfect" category. Although it is a single-cell algae plant, it is superior to vitamin supplements in many ways.

Its nutrients are bio-chelated, meaning they are readily absorbed and assimilated into the body cells.

Chlorella's nutrients are naturally balanced and do not accumulate in the human body and become toxic, another good reason why they are superior to any man-made vitamin supplement.

Chlorella has a tough cell wall that provides an excellent ability to detoxify the body. The chlorophyll content in Chlorella can reach as high as 3,500 mg per 100g, 16 times higher than spinach (one of the highest amounts compared to all other green algae and plants).

It is a complete protein as it contains all the eight essential amino acids needed by the body with the other non-essential amino acids. The protein found in Chlorella is far superior to the one found in meat and is also higher in value than many different food sources.

In addition, it also contains the full spectrum of B-complex vitamins, twice the amount of folic acid and more vitamin B12 compared to raw beef liver. It is also rich in vitamin B3 (niacin)

and vitamin A which acts as an antioxidant to scavenge the free radicals in the human body.

Chlorella also contains vitamins C, D, E, and K, fatty acids, RNA (up to 10%), DNA (up to 3%), an array of phytonutrients and carotenoids, enzymes, minerals, polysaccharides and the unique Chlorella Growth factor (CGF). In fact, it is a balanced and complete food, ready to be absorbed and assimilated into the body cells.

In Japan, Chlorella is regarded as a functional food as it contains all the essential nutrients needed by the human body and the nutrients in Chlorella interact with the body's system to promote the body's ability to heal, balance and revitalise.

Chlorella is able to provide the important nutritional support that is lacking in the "modern" diet where with its rich nutrient content, it can help fill the gap in the nutritional requirements of people.

Chlorella has been reported to help in various health problems such as hypertension, arteriosclerosis, hypercholesterolemia, cardiac problems, constipation, bowel toxicity, allergies, arthritis, diabetes mellitus, fibromyalgia and others.

Above all, it is vital for an individual to choose good quality Chlorella. Indoor-cultivated Chlorella ensures a high level of

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Chlorella production in a safe, clean and controlled environment, as opposed to Chlorella cultivated outdoors.

The heterotrophic tank cultivation system (invented by Dr Minoru Shirota, founder of YAKULT) allows for Chlorella to be cultured in sealed tanks, under strict sterile conditions, making it contamination free and hygienic.

Hence, if an individual is

planning to embark on consuming a daily health supplement or changing to a better supplement, Chlorella would be a perfect choice due to the fact that this "super food" is not only effective in reversing a long list of serious diseases, but is also a powerful health enhancer to achieve and maintain optimal health.

This story was brought to you courtesy of Abeille d'Or Corp.