



## Prime Chlorella

### Chlorella - The Perfect Green Food for your Health

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The human body is capable of resisting disease, repairing itself and adapting to its ever-changing environment. When given the correct vitamins, minerals, enzymes and other essential dietary needs, our bodies are almost guaranteed to respond with good health. While many plants can provide the body with important nutrients, very few foods have such a diverse, life-enhancing and remarkable nutrient profile as chlorella. Chlorella is unicellular fresh water green algae and it is one of the oldest plant forms on the planet. As a near perfect food, chlorella has a multitude of impressive benefits that go far beyond what most foods can do. Namely, chlorella can help:

- build the immune system
- improve digestion
- increase energy
- balance pH levels
- control blood sugar levels
- detoxify the blood, liver and bowels
- rid the body of heavy metals, pesticides, and dioxins



Chlorella has been the subject of thousands of medical and scientific studies. No other food source has been researched to such lengths and today we are beginning to realize that chlorella holds more value than ever before. With the increase in pollutants and the fact that our food supply is so sadly denatured, people are searching for whole foods that can replenish what has been lost in our food chain. Scientists know that minerals and trace elements are vitally important to our health and that we require them for proper cellular function. We see a correlation between a lack of minerals in our diet and an increase in disease. According to a recent U.S. Senate study, 99 percent of Americans are deficient in minerals.



## Chlorella offers complete nutrition

Chlorella is a complete food that provides sustenance to each and every cell in your body. It contains all eight essential amino acids and is rich in vitamin B12, beta carotene, minerals, anti-oxidants, DNA/RNA, enzymes, fiber, essential fatty acids, chlorophyll, and Chlorella Growth Factor (CGF). Unlike a vitamin/mineral pill, chlorella is a natural, whole food. The body naturally has an affinity for food and therefore it can assimilate and digest chlorella with ease. The end result is less stress on the body as well as a much higher absorption rate as compared to a man made source.

## Chlorella's starring cast: CGF and chlorophyll

CGF is the unique complex exclusive to chlorella that is thought to be the source of its astounding healing properties. CGF is produced during the intense photosynthesis that enables chlorella to grow so rapidly (it can quadruple itself every 24 hours). CGF accelerates tissue healing and repair in humans and animals, improves growth rates in children and stimulates tissue renewal and repair in the adult body. As nature has intended, chlorella does not promote the growth of unhealthy or diseased tissue, nor does it cause abnormal growth or weight gain in adults.

Chlorophyll is the substance that gives plants their green color. The higher the concentration of chlorophyll, the darker the green of the plant. Chlorella contains the highest levels of chlorophyll of any plant. Chlorophyll purifies, rebuilds and renews at a cellular level. It is a natural deodorant, eliminating bad breath and body odour and it has anti-inflammatory properties. In addition, it is helpful in the treatment of anemia, it strengthens the intestines and it helps to reduce blood pressure.





## Protecting against environmental pollutants

Chlorella rids the body of heavy metals. Anyone who has ever had their teeth filled with silver, been vaccinated, eaten seafood, or used certain pharmaceutical drugs could be at risk of mercury poisoning. Mercury is a very dangerous neurotoxin. Other hazardous heavy metals, dioxins and PCBs found in our food and environment can also play a role in poor health. The outer shell of chlorella binds with these toxic substances and safely extracts them from the body. With regular use, the body will begin to detoxify itself and remove these harmful chemicals. The burden of elimination is then taken off of organs such as the liver, kidneys, bowels, lungs and skin. The chelation benefits of chlorella take place after three to six months of regular use.

## How to take chlorella

Chlorella is an excellent supplement for just about everyone. Children, the elderly, athletes, pregnant women and even pets can safely add it to their diets. A maintenance dose of two to three grams per day is sufficient for most, although athletes and anyone ill, over-stressed, or skipping meals is recommended to take more. For therapeutic purposes the dosage should be anywhere from 5 to 10 grams per day. It can be taken at anytime during the day but is best taken before meals to aid in digestion.

### Choosing chlorella

Not all chlorella is created equally. Quality, purity and potency vary depending on cultivation procedures and on growing techniques. There can be quite a difference between one brand to another. Here are some tips to consider:

- Look for chlorella that has been grown outdoors in natural sunlight, and clean, mineral rich water.
- Make sure the cell wall has been broken down by milling or jet-spraying to enhance digestibility.
- Try to find products made from 100 percent chlorella without the use of binders, fillers, or other unnatural additives.
- Most importantly, look for brands with high levels of CGF, chlorophyll and protein.