

CHLORELLA (Regularis)

Chlorella is a bright green, single-celled micro-algae dating back over 2 billion years that is an amazing whole food. In its natural state, it thrives in fresh water almost worldwide, yet only in recent decades has it been cultivated as a food.

Chlorella is super-concentrated nutrition, the “little green” powerhouse of nutrients. Extensive clinical research has been conducted on chlorella, with many health conditions showing positive benefits with its use. According to many experts, it is the world’s highest source of chlorophyll, at over 3 percent. Chlorophyll is well-known as a stimulator of red cell formation in the blood—it is therefore a blood-builder, and helps to prevent anemia. Chlorophyll strengthens the immune system, speeds the healing process, and helps assist new tissue formation while cleansing the bloodstream, carrying away metabolic waste. Chlorella’s internal cleansing and detoxifying action makes it a natural body deodorant.

At over 60% protein, chlorella is a superior source of glycoproteins, which provide a high level of “protein utilization factor.” Chlorella also contains all the free essential amino acids in an excellent profile, every important fatty acid, is rich in the B-complex vitamins, especially B-12, and in vitamins C, E, K, and is especially high in many types of carotenoids (such as beta-carotene), at 550 IU per gram. This high level, in addition to vitamins C and E, and the antioxidant glutathione, makes chlorella a potent antioxidant. Its rich mineral content includes easily assimilable iron, zinc, iodine, potassium, phosphorus, magnesium, sulfur, calcium, manganese, copper, cobalt, and germanium. Chlorella is also rich in the nucleic acids RNA and DNA. Chlorella’s 3% RNA and 0.3% DNA content makes it one of the highest-known food sources for nucleic acids. Nucleic acids are very beneficial in the repair of damaged genetic material in cells, in maintaining health, and in slowing down the aging process. Chlorella assists the body at the cellular level, raising the body’s energy level and vitality, which then counteracts stress and high blood pressure.

Chlorella also contains called Chlorella Growth Factor (CGF), a substance which is unique to itself and is found in the nucleus of its cell. Some say this is chlorella’s most important factor in its amazing healing properties. CGF is a physiologically activating substance containing complex nucleotide peptides, amino acids, polysaccharides, and other derivatives. It has been shown to dramatically accelerate growth in organisms and promote the healing of damaged tissue. It also stimulates the fortification of the immune system, activating both T and B cells. These helper cells, called cytokines, facilitate the production of interleukin, which provides cell-mediated immunity. Both red and white blood cells are thereby maintained.

Chlorella also has strong detoxifying properties. It neutralizes, binds, and removes poisonous substances from the body, such as heavy metals, dioxin and PCBs. It has also been found helpful in assisting the body’s resistance to radiation. Chlorella aids in healthy liver functioning and improves digestion (best taken, therefore, near meals) by stimulating the growth of beneficial intestinal bacteria, especially lactobacillus, thereby also promoting bowel health. Chlorella dovetails nicely into any cleansing and rejuvenating regimen.

Our chlorella is of the broken cell wall type. This makes both for easy digestion and protection of the nutrients inside the cell. In other words, it maintains its natural form yet readily releases its nutrients in the stomach. This is the most common strain found in Nature, but is cultivated hygienically, with direct light and pure filtered water. The broken cell wall type you find in the marketplace requires a stabilizer, as its contents are vulnerable to potency degradation. The nutrient superiority of broken cell wall Chlorella has been well established.