

Chlorella

*Chlorella is a form of unicellular Green Algae found
in still, fresh water; or soil; or bark of trees.*

Botanical Names

Chlorella pyrenoidosa (the form of Chlorella used in most commercial supplements of Chlorella) -

Chlorella regularis - *Chlorella vulgaris*

Both forms of Chlorella belong to the Green Algae (Chlorophyta) family.

Health Benefits of Chlorella

Cardiovascular System

- Chlorella may be useful for lowering Blood Pressure in Hypertension patients.

Digestive System

- Chlorella may alleviate the symptoms of Ulcerative Colitis.

Immune System

- Chlorella may help to prevent/treat Allergies.
- Chlorella may help to prevent some Bacterial & Viral Diseases (due to its ability to stimulate the production of Interferons):
 - Chlorella may help to prevent the Common Cold.
 - Chlorella may help to prevent Influenza.
- Chlorella may prolong survival times in Cancer patients (by boosting the Immune Response, i.e. not by directly killing Cancer cells):
 - Chlorella may prolong survival times in Breast Cancer patients (by boosting the Immune Response, i.e. not by directly killing Cancer cells).
 - Chlorella may prolong survival times in Leukemia patients (by boosting the Immune Response, i.e. not by directly killing Cancer cells).
 - Recently (1998), Chlorella (*Chlorella vulgaris* species) has also been shown to contain a Glycoprotein (named CVS) that may inhibit the metastasis of some forms of Cancer.
- Chlorella may stimulate the Immune System (due to Chlorella Growth Factor (CGF) and Polysaccharides in Chlorella).
- Chlorella may inhibit *Listeria monocytogenes*.



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Metabolism

- Chlorella may lower total serum Cholesterol levels.
- Chlorella may increase Stamina.

Musculoskeletal System

- Chlorella may reduce the Pain associated with Fibromyalgia and may improve the “quality of life” of Fibromyalgia patients.

Sexual System

- Chlorella (consumed during Pregnancy) may reduce the transfer of Dioxins to offspring during Lactation and may increase the transfer of IgA to offspring during Lactation.

Skin

- Chlorella (consumed orally or applied topically) may accelerate the healing of Wounds.

Chlorella may Enhance the Function of these Substances

Immune System Chemicals

- Chlorella may facilitate the production of Granulocyte-Macrophage Colony-Stimulating Factor (GM-CSF).
- Chlorella may facilitate the production of Interferon Gamma.
- Chlorella may facilitate the production of Interleukin 1 (Interleukin 1 alpha form).
- Chlorella may stimulate the production of Interleukin 12.

Pharmaceutical Drugs

- Chlorella may counteract the toxic effects of Fluorouracil (5-FU) - it may accelerate recovery from the immunosuppression caused by 5-FU and may also prolong the survival times of subjects treated with 5-FU.
- Chlorella may increase the effectiveness of (Influenza) Vaccines.

Chlorella may Counteract these Toxic Substances

Minerals

- Chlorella (8,000 mg per day) may detoxify persons affected with Cadmium poisoning.
- Chlorella may facilitate the removal of accumulated Lead from the body.
- Chlorella may facilitate the removal of accumulated Mercury from the body.



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Immune System Chemicals

- Chlorella may inhibit Antigen-induced production of Interleukin 5 (IL-5).

Pesticides

- Chlorella may facilitate the excretion of accumulated Dioxin from the body's Tissues and may inhibit the body's absorption of environmental Dioxin. Chlorella (consumed during Pregnancy) may reduce the transfer of Dioxins to offspring during Lactation.

Proteins

- Chlorella may inhibit the activation of Nuclear Factor-Kappa B.

Chlorella Contains these Substances

Amino Acids:

Alanine
Arginine
Glutamic Acid
Isoleucine
Leucine

Lysine
Phenylalanine
Serine
Threonine
Valine

Vitamins:

Biotin
Choline
Vitamin B1
Vitamin B12
Vitamin B2
Vitamin B3
Vitamin B5

Folic Acid
Inositol
Vitamin B6
Vitamin C
Vitamin E
Vitamin E
Vitamin K

Minerals:

Iron
Zinc
Magnesium
Iodine
Calcium

Germanium
Phosphorus
Nucleic Acids
Ribonucleic Acid
Deoxyribonucleic Acid

Carbohydrates: Polysaccharides

Carotenoids: Beta-Carotene

Proteins: 50%

Glycoproteins: CVS

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