

# CHLORELLA FAQ'S

## **What is Chlorella?**

Chlorella is a green single-celled algae cultivated in fresh water ponds. It has a grass-like smell because the high amounts of chlorophyll in it, the highest concentration of any plant in the world. It has existed on the planet for billions of years and was one of the first foods to appear. Fossils of Chlorella have been found dating back 3 billion years. Chlorella is one of the healthiest, most potent foods in existence. In addition to being a perfect food for humans, lower grades of Chlorella are fed to livestock all over the world.

## **How is Chlorella grown?**

Chlorella is carefully cultivated in huge fresh water ponds. The water it is grown in is ozonated then filtered for purity. Chlorella quadruples approximately every 24 hours, which is a sign of its genetic purity and miraculous abilities to heal our bodies. For instance, Chlorella causes the friendly bacteria in the human stomach (Lactobacilli) to multiply at four times the rate of normal.

## **How is the outer shell of the Chlorella cell broken open?**

If the cell wall of the Chlorella is not broken open, the nutrients in Chlorella are not accessible, yet not all Chlorella producers adequately open the cell wall. It is this outer fibrous cell wall that differentiates Chlorella from any other algae. It is a unique dietary fiber found nowhere else in nature that builds up in the body over time, binds with heavy metal, radiation and other synthetic toxins and effectively removes them. The pressure differential method of rupturing the outer fiber shell rather than crushing it is the best method. We raise the pressure in a holding tank where the Chlorella is stored, then suddenly release it. This is the most effective and organic method of breaking open the cell wall because it does not disturb the nutrients in Chlorella yet allows full access to them. And nothing comes in contact with the Chlorella the way other methods use. By crushing the Chlorella shell, as other Chlorella producers' practice, many of the nutrients are scattered and do not remain together as they should.

## **When was it discovered?**

Chlorella Pyrenoida was identified around the end of the 19th century. The Japanese began studying it more closely in the 1940's and are responsible for much of Chlorella's popularity today. The Japanese take more Chlorella per capita than Americans take vitamin C, America's most popular Vitamin. However, Chlorella is many times more powerful a whole-food than any other multivitamin or supplement on the market.

## **Where does it come from?**

Japan. It is certified by the Japanese Ministry of Health, which is the only governmental health authority in the world to have adopted and standardized Chlorella quality and certification.

## **What are the main health benefits of Chlorella?**

Besides the fact that it is a perfect food which provides the body with nearly all its nutritional needs, it is a powerful Immune System Builder, extremely Detoxifying and excellent for the Digestion.

## **How much scientific research has been done on Chlorella?**

Chlorella is one of the MOST scientifically researched foods in human history, as is Spirulina, which NASA has determined will be one of the first foods grown on the space station when it is completed. The research done on both of these has come from all over the world by scientists at universities, private industry and Chlorella manufacturers themselves.

## **How much should I take per day?**

Three grams per day is a good maintenance dosage of Chlorella for a person to take. With this amount, you will not notice significant changes, however, your body will get many of the nutrients it must have to function properly such as amino acids (protein), vital minerals, vitamins, carbohydrates and enzymes. However, a person taking 5-7 grams per day is quite common and at this level you will notice significant changes in digestion, energy and overall health.

## **What results should I expect?**

The first thing is better digestion, especially if you have bad breath or constipation. Both these are readily handled by taking small doses of Chlorella. However, many of the benefits of Chlorella are subtle and not easily determined by how a person feels. For instance, Chlorella has been demonstrated to remove heavy metals and other synthetics from the body by actually binding with them so they may be pulled from the bloodstream. However, this result can only be measured if the level of heavy metals in the bloodstream are known before and after a person starts taking Chlorella. It takes approximately 3-6 months for heavy metals to begin to be removed from the blood depending on the amount of Chlorella being taken. If it has been determined that a person does have heavy metals in their body, they should begin by taking 15-20 grams per day depending on the level of heavy metals that are present.

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## **What time of day or night should I take it?**

Chlorella can be taken at any time of the day. It can be taken all at once or it can be taken in small dosages throughout the day, which is preferable. It is best taken 20-30 minutes before mealtime so it can help with digestion and intake of nutrients. Morning is also a good time to take Chlorella, but never just before or after drinking coffee or a soft drinks since caffeine is extremely detrimental to the digestive process.

## **Why should I take it around mealtime?**

As previously mentioned, Chlorella causes the bacteria in our stomachs, the Lactobacilli, to multiply at 4 times the rate of normal. This helps provide very good digestion and more importantly, better assimilation of nutrients.

## **Can I take too much Chlorella?**

It is best to think of Chlorella as a food because that is exactly what it is: one of the purest, most potent foods on earth. A person can not take too much Chlorella because it is naturally detoxifying. Therefore the fear of Chlorella accumulating and becoming toxic to the body is not present. However, there is a "comfort level" with every person where he or she knows how much Chlorella to take per day. In general, that level will be about 5-8 grams per day.

## **Why are Enzymes so important to good health?**

As we get older, our bodies eventually lose the ability to manufacture enzymes and we need thousands of different enzymes for our body to function properly! Of all the things missing from our diet, enzymes are at the top of the list because of our tendency to eat only cooked, pasteurized, processed or preserved foods. The only place to get enzymes is from fresh fruit and vegetables, foods such as Chlorella and Spirulina.

The intake of nutrients is hindered greatly as we age because of this depletion of digestive enzymes and the lack of Hydrochloric Acid in our stomachs which breaks down the food we eat so the nutrients may be assimilated by the body. This chronic lack of nutrients in the body over many years along with the build up of toxins in the body and brain is one of the major factors relating to the health problems that all of us, especially the elderly, face today. For instance, autopsies of Alzheimer patients have all found high level of aluminum in the brain. Toxins are replete throughout our environment, in the air we breathe and the food we eat. They are simply a part of nature that we can not avoid. By taking Chlorella and Spirulina, we help eliminate these problems because of the nutrition and enzymes they provide and powerful detoxification properties they possess.

## **What nutrients are in Chlorella?**

Amino acids (protein), enzymes (including pepsin for digestion), vitamins, minerals and carbohydrates. (For a complete listing of nutrients see: Chlorella) One could easily live on nothing else. Along with Spirulina, it is one of the world's more perfect and powerful foods.

## **How much protein does it have?**

60% of Chlorella is protein, which is in the form of amino acids. Chlorella contains 18 of 22 known amino acids and is considered a complete protein, meaning that it has the essential 8 amino acids. It is a far superior protein source to others such as meat, fish and eggs because these are secondary protein, meaning that the amino acids have already been formed into protein to become the flesh of an egg or another animal. When we eat a food such as meat, our bodies must first break down the protein into amino acids then reform them into the proteins that our body needs. This is inefficient and not nearly as effective as simply taking pure amino acids to begin with.

The human body wants to form long complex chains of amino acids into the tens of thousands of different protein structures the body needs to perform functions all over the body. However, if one amino acid is missing, then an incomplete protein will be formed that will not function as effectively as a complete protein. There is no other natural source of protein available that provides such a complete and balanced array of amino acids than Chlorella and Spirulina.

## **Will Chlorella give me energy?**

Yes. As the body begins to get these pure nutrients that it must have to function properly, increased vitality and energy will certainly follow. Spirulina is also a very potent source of energy. A gram or two of Chlorella or Spirulina in the morning will provide the body with lots of energy. However, unlike sugar, caffeine or other "energy pick-me-ups", Chlorella and Spirulina do not lift you up then let you down soon after because they are not drugs of any sort. They are pure nutrients. They last much longer and since they are pure nutrients, there is never a let-me-down or "low feeling" afterward. This is also true of Ionized Water.

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