

Chlorella Powder Profile

Also known as

Chlorella vulgaris, Chlorella pyrenoidosa, and Yaeyama Chlorella

Introduction

Chlorella is a single celled algae that some scientists believe may be among the Earth's oldest living organisms, but it was only in the 1960's that Japanese scientists began to study chlorella as a tool of good health. Natural health enthusiasts know chlorella well as a detoxifier, immune stimulator, and excellent source of general nutrition. The Chlorella offered by Mountain Rose Herbs has a cracked outer cell wall which is broken by a high impact cryogenic jet-spray process that pulverizes the algae wall for enhanced digestability. It is grown in outdoor secluded ponds in one of Japan's two primary reef areas and is fully protected from industrial pollutants.

Constituents (per 100 g)

Moisture- 4.4%

Protein- 68.3 g

Total lipid (fat)- 11%

Carbohydrate- 5.4%

Fiber- 5%

Chlorophyll- 3,420 mg

CGF- 18.8%

Calcium- 190 mg

Iron- 139 mg

Magnesium- 308 mg

Phosphorus- 895 mg

Potassium- 864 mg

Vitamin A- 40,200 iu

Vitamin E- 17.2 mg

Vitamin C- 91 mg

and over 18 beneficial amino acids

Parts Used

The entire plant, dried. The cell wall is practically impenetrable, and indigestible in most regards. When purchasing Chlorella, make sure the outer cell wall has either been cracked or opened.

Typical Preparations

Powder to be added to drinks and smoothies, and may be made into a capsule or extract.

Summary

No group of people benefits more from chlorella than women with fibromyalgia. A study at the Medical College of Virginia found that taking 10 grams (3 tablespoons) of chlorella a day for two months substantially reduced pain, although it did not eliminate it. Other studies at the same medical school have found that chlorella reduces symptoms of ulcerative colitis and hypertension, health problems frequently occurring in women who have fibromyalgia. In one study, daily supplementation with chlorella was seen to reduce high blood pressure, lower serum cholesterol levels, accelerate wound healing and enhance immune functions.

Precautions

As a precaution, if you use chlorella every day, take a vitamin B capsule at least once a week as some European studies showed that Chlorella may weaken Vitamin B supplies in the body. Some individuals have experienced stomach discomfort after using Chlorella. If you experience symptoms of stomach discomfort discontinue using immediately.