

Chlorella and Spirulina Tablets



1000 Tablets \$30.00

Chlorella

There are over 70,000 species of algae in the world. Some are magnificent whole foods such as Chlorella Pyrenoidosa. It is a 4 billion year old strain of green algae, making it one of the oldest foods on the planet. Chlorella is thought to be the most thoroughly researched food in history and is recognized as having the highest chlorophyll content of all known plants. It is a fresh water, single-cell green algae that is renowned for its health giving properties such as vitamins, minerals, fiber, nucleic acids, amino acids, enzymes, CGF (Chlorella Growth Factor) and other beneficial nutrients. Our Chlorella is produced in Asia by the world's largest producers of Chlorella Pyrenoidosa. This algae has been utilized for thousands of generations, which insures the integrity of the strain's purity will stay intact without degenerating. Many other producers of Chlorella do not pay close enough attention to their strains and experience "drift" in the purity of their algae. This problem is very much overlooked by many algae producers worldwide.

There are thousands of research papers on Chlorella from medical institutions, scientific journals and universities. One aspect of Chlorella that is of particular interest to scientists is the CGF or Chlorella Growth Factor. Chlorella has a number of properties which are beneficial to organs and tissues that have been injured by a various causes. It has been demonstrated to promote liver health and has been called the "great

normalizer" because of its ability to balance bodily functions. Although some positive effects of taking Chlorella may be felt immediately, such as correcting constipation and bad breath, Chlorella's full nutritive and detoxifying abilities will take 3-6 months to be fully appreciated.

Numerous research projects in the USA and Europe indicate that Chlorella can also aid the body in the breakdown of persistent hydrocarbon and metallic toxins such as DDT, PCB, Mercury, Cadmium and Lead, while strengthening the immune system response. In Japan, interest in Chlorella has focused largely on its detoxifying properties, or its ability to neutralize or remove poisonous substances from the body. The fibrous materials in Chlorella will also improve digestion and promote the growth of beneficial aerobic bacteria in the stomach.

Chlorella promotes growth in young people, which is believed to be related to Chlorella's capacity to stimulate the healing process and stifle many diseases. This is most likely related to its nucleic acid content, as it has a strengthening effect on body cells by improving our metabolic pathways. Chlorella has an abundance of RNA & DNA that are associated with anti-aging. Chlorella promotes cell reproduction, reduces cholesterol, and increases hemoglobin levels. Since Chlorella has 5 to 10 times the chlorophyll content of any other algae, it has been used successfully in the treatment of cardiac hypertension and cleansing the bowel, kidneys, liver, and bloodstream. Chlorophyll is effective against anemia and stimulates the production of red blood cells in the body. It also helps carry oxygen around the body and to the brain, which is why Chlorella is often called "Brain Food".

Other research programs have indicated that regular use of Chlorella helps guard against heart disease, reduce high blood pressure and lower serum cholesterol levels. Chlorella has a tough indigestible cell wall, which detoxifies the body by binding with heavy metals as it passes through. Sporopollenin, which is only present in Chlorella Pyrenoidosa, acts in the same detoxifying way. Chlorella Growth Factor (CGF) causes the benign lactobacillus, which is crucial to digestion, to multiply at four times the normal rate and also accelerates the regrowth of damaged tissue.

Chlorella has been shown to promote the production of interferon, one of our body's greatest natural defenses against cancer. Macrophages are large cells that surround and digest foreign substances in the body and are active against cancer, foreign proteins and chemicals. There are a finite number of macrophages in the human body, therefore limiting the ability of the body to remove harmful substances from the blood. T-cells in the body are active against viruses and cancer. Chlorella stimulates the activity of T-cells and macrophages by increasing interferon levels thus enhancing the immune system's ability to combat foreign invaders whether they are bacteria, viruses, chemicals, or foreign proteins.

Chlorella gets its name from the high amounts of chlorophyll it possesses, the highest of any plant known. Chlorophyll cells are nearly identical to hemoglobin (red blood cells) with one exception: Chlorophyll has a Magnesium molecule at that center of it;

hemoglobin has an Iron molecule at the center of it. This is important because Magnesium is essential for the heart to function properly. Every time our heart beats, it is utilizing magnesium to do so. Chlorella contains enzymes such as chlorophyllase and pepsin, which are digestive enzymes. Enzymes perform a myriad of functions in the body. In fact, you can not even blink without the presence of enzymes. Chlorella has many different types of enzymes that our bodies need. It is essential that any algae you take is NOT freeze-dried or pasteurized. If it is, then you have lost the crucial benefit of enzymes such as these.

Chlorella reproduces at an incredible rate, quadrupling every 48 hours. When eaten, Chlorella causes the beneficial bacteria in our stomach (Lactobacillus) to multiply at four times the normal rate. This improves digestion and thus the body's ability to take in nutrients greatly. Proper digestion, augmented with the necessary enzymes, is one of the keys to great health!

Chlorella's indigestible cell wall needs to be ruptured to allow access to its nutrients and a variety of methods are used by other companies, some of which damage the nutrients. The method used by our Chlorella Producer ensures the highest quality, which is confirmed by an annual independent analysis by the Japan Food Research Laboratory. Japan is the only country that has strict standards and importation controls over heavy metals and bacterial content in Chlorella. The digestibility of our Chlorella is confirmed by the Japan Government's Ministry of Health to be between 76% and 79%, the highest on the market. Most brands claim to have broken the Chlorella cell wall so its nutrients can be adsorbed by the body. Our Chlorella was analyzed by Dr L. Lewis, Doctor of Physiology at Duke University in 1992. Using a Scanning Electron Microscopy (SEM), two samples of Chlorella were examined, ours and a competitor's brand. Both were deemed to be free of contamination, however, our Chlorella was the only one to demonstrate that the cell wall had been broken in the SEM examination. The cell wall of our competitor's Chlorella had collapsed but remained unbroken and was only 40% digestible.

In 1974 the Japanese Government was obliged to introduce quality standards to control the importation of Chlorella because of the disparity between grades and purity values. In 1995 our Chlorella became the only producer ever to be licensed to import and sell their products with an official health food recognition seal in Japan.

Most producers use a "continuous-harvest" method drawing quantities of raw algae from the growing ponds as required. This method is certainly economically efficient, but it also presents a very real risk of breeding competing toxic organisms and bacteria. In the manufacturing of Ultimate Superfoods' Chlorella, a complex separation system is used with micro-filter centrifuges allowing them to separate the cells without the use of chemicals.

Recommended Daily Dosage

Maintenance Dosage: 3-5 grams/day

Significant Part of the Diet: 6-10 grams/day

Immune System Builder: 11-14 grams/day
Primary Source of Protein: 12-19 grams/day
Healing Purposes & Heavy Metal Detoxification: 20-30 grams/day
Best before a meal to aid with digestion.

Disclaimer: We use this product ourselves in good quantities and we eat the foods we believe in. Please check and verify any and all research and if necessary consult with your physician or nutritionist for any safety concerns. As with any other powerful foods we suggest you start with small amounts and increase to your desired amount. This can help you determine if your body has a reaction to any product. Chlorella can sometimes cause a cleansing response as it begins to detoxify the body of what we think are heavy metals.

- A fresh water, single-cell green algae that is renowned for its health giving properties such as vitamins, minerals, fiber, nucleic acids, amino acids, enzymes, CGF (Chlorella Growth Factor) and other beneficial nutrients
- Chlorella has a tough indigestible cell wall, which detoxifies the body by binding with heavy metals as it passes through
- Has 5 to 10 times the chlorophyll content of any other algae, it has been used successfully in the treatment of cardiac hypertension and cleansing the bowel, kidneys, liver, and bloodstream
- Promotes liver health and has been called the "great normalizer" because of its ability to balance bodily functions
- Promotes cell reproduction, reduces cholesterol, and increases hemoglobin levels
- Causes the beneficial bacteria in our stomach (Lactobacillus) to multiply at four times the normal rate, thus significantly improving digestion and the body's ability to take in nutrients

Spirulina

More than 25,000 species of algae live everywhere - in water, in soils, on rocks, on plants. They range in size from a single cell to giant kelp over 150 feet long. Macroalgae are large like seaweeds. Microalgae are microscopic. Ocean microalgae, called phytoplankton, are the base of the ocean food web.

Spirulina is the richest beta carotene food, with a full spectrum of ten mixed carotenoids. About half are orange carotenes: alpha, beta and gamma and half are yellow xanthophylls. They work synergistically at different sites in our body to enhance antioxidant protection. Twenty years of research proves eating beta carotene rich fruits and vegetables gives us real anti-cancer protection. Synthetic beta carotene has not always shown these benefits. Research in Israel showed natural beta carotene from algae was far more effective. Natural is better assimilated and contains the key 9-cis

isomer, lacking in synthetic. As suspected, natural carotenoids in algae and vegetables have the most antioxidant and anti-cancer power.

This tiny aquatic plant offers 60% all-vegetable protein, essential vitamins and phytonutrients such as the antioxidant beta carotene, the rare essential fatty acid GLA, sulfolipids, glycolipids and polysaccharides.

Spirulina is an ideal anti-aging food; concentrated nutrient value, easily digested and loaded with antioxidants. Beta carotene is good for healthy eyes and vision. This all vegetable, low fat protein means we can lighten up on a meat centered diet that can aggravate arthritis and raise cholesterol. When we choose to eat less meat, vegetables like spirulina are good sources of more iron and essential minerals.

World's highest beta carotene food reduces long term health risks

Spirulina beta carotene is ten times more concentrated than carrots. So even if you don't eat the recommended 4 to 9 servings of fruits and vegetables every day (most people eat only 1-2, including french fries), get your natural beta carotene insurance from spirulina to help support your body's defenses.

60% easy-to-digest vegetable protein without the fat and cholesterol of meat

People are eating less meat and dairy protein because they want to lower fat, cholesterol, and chemicals in their diet. Spirulina is the highest protein food with all the essential amino acids and has only a few calories to keep your waistline where you want it.

A rare essential fatty acid is a key to health

Gamma-linolenic acid (GLA) in mother's milk helps develop healthy babies. Studies show nutritional deficiencies can block GLA production in your body, so a good dietary source of GLA can be important. Spirulina is the only other whole food with GLA.

Iron for women and children's health

Iron is essential to build a strong system, yet is the most common mineral deficiency. Spirulina is rich in iron, magnesium and trace minerals, and is easier to absorb than iron supplements.

High in Vitamin B-12 and B Complex.

Spirulina is the highest source of B-12, essential for healthy nerves and tissue, especially for vegetarians.

Clean green energy is good for everyone

Spirulina is the most extensively researched food microalgae, well documented in numerous books, journal articles, and periodicals. Many people use Spirulina in their own self-care strategy for more energy, nutritional insurance, weight control and cleansing. Perfect in between or before meals for good nutrition without the heaviness of bulky food. Athletes discover more endurance and strength. Seniors find better nutrient absorption. Ideal and safe for children, pregnant and nursing mothers.

Strengthens the immune system

Over the years I've heard from so many people that they have fewer colds and flu, or if they get a cold, they escape more chronic symptoms. They say wounds heal faster and they recover more quickly from illness. They have more energy. Spirulina is a powerful tonic for the immune system.

Published studies from all over the world feeding mice, hamsters, chickens, turkeys, cats, fish and even humans, confirm spirulina improves immune system function. Medical scientists discovered it not only stimulates the immune system, it actually enhances the body's ability to generate new blood cells. Important parts of the immune system, bone marrow stem cells, macrophages, T-cells and natural killer cells, spleen and thymus glands - all show enhanced activity. Scientists observe it causes macrophages to increase in number, become activated and more effective killing germs.

Because spirulina increases disease resistance in animals, even in very small doses, the animal feed industry is studying its use as a new probiotic to help replace overused antibiotic drugs in animal feeds. Scientists in Japan have published new studies showing a purified extract unique to spirulina inhibits replication of HIV-1, Herpes, Influenza, Mumps and Measles virus in-vitro yet is very safe for human cells.

The National Cancer Institute found sulfolipids in blue-green algae were 'remarkably active' against the AIDS virus in vitro. Spirulina contains 5-8% lipids, and 40% of these are glycolipids and sulfolipids. These compounds seem to prevent viruses from either attaching to or penetrating cells, preventing viral infection. Meanwhile, the virus can be eliminated by the body's defenses. Exciting new research in Japan and the USA has confirmed spirulina extracts in vitro can inhibit replication of the HIV virus.

Supports cardiovascular function and healthy cholesterol

Many people are taking dietary supplements to support a healthy heart and lower cholesterol. One of these people, my father, was prescribed drugs to lower his cholesterol ten years ago. Instead he began taking spirulina and niacin. Now he's a vibrant 82, and his cholesterol level is still safe and under control.

Scientists have been confirming this too. Animal nutrition studies in Mexico, Argentina, Japan and India found the same cholesterol lowering benefits and an improvement in heart artery function for lower blood pressure. Published scientific studies with men in

Japan and India showed several grams of spirulina daily can lower cholesterol. These studies suggest spirulina will reduce serum LDL (Low Density Lipoproteins - the bad cholesterol) and raise HDL (High Density Lipoproteins - the good guys).

Human studies in Germany and India found a weight reduction effect along with cholesterol reduction. All these studies indicate spirulina is a useful supplement for cardiovascular health and for lowering cholesterol.

Improves gastrointestinal and digestive health

When people take spirulina they often notice immediate change in regularity and elimination. Research confirms it does promote digestion and bowel function. It suppresses bad bacteria like e-coli and Candida yeast and stimulates beneficial flora like lactobacillus and bifidobacteria. Healthy flora is the foundation of good health and it increases absorption of nutrients from the foods we eat, and helps protect against infection.

As people age, many who don't eat enough, have restricted diets or poor digestion may experience low energy from being undernourished. Spirulina builds healthy lactobacillus, aiding assimilation and elimination and relieving constipation.

In a village clinic in Togo, West Africa, we provided a tablespoon a day to undernourished children. Their mothers praised this 'green medicine' for bringing rapid recovery and weight gain. Other studies with malnourished children in Mexico, India, Romania, Rwanda and Zaire, have shown easily digested spirulina is beneficial when intestines no longer absorb food effectively.

It's a great food for malnourished people precisely because it helps rebuild healthy intestinal flora, which are essential for the utilization of more complex foods. Because in AIDS patients, nutrient malabsorption associated with opportunistic infections can initiate full blown AIDS, we've been donating spirulina to health clinics for HIV positive people.

Enhances natural cleansing and detoxification

When spirulina was first introduced 20 years ago, people quickly discovered it accelerated detoxification during fasting and cleansing. Later, in Japan, researchers found spirulina significantly reduced kidney toxicity caused by the heavy metal mercury and three pharmaceutical drugs. This suggested it's beneficial for humans suffering from heavy metal poisoning. Other researchers found rats consuming spirulina or chlorella algae eliminated 7 times the dangerous chemical dioxin compared to a control diet.

In 1994, a Russian Patent was awarded for spirulina as a medical food to reduce allergic reactions from radiation sickness. 270 Children of Chernobyl consuming 5 grams a day for 45 days (donated by Earthrise Farms), lowered radionucleides by 50%,

and normalized allergic sensitivities.

Today we are subject to an onslaught of toxic chemicals in our air, water, food and drugs. Our bodies need to continually eliminate these accumulated toxins. Spirulina has a completely unique combination of phytonutrients - including chlorophyll, phycocyanin and polysaccharides, that can help cleanse our bodies.

Reduces cancer risks with antioxidant protection

Free radical molecules damage our body's cells. They are caused by pollution, poor diet, stress and injury. Antioxidant nutrients fight these dangerous oxidizing free radicals. They also stimulate our immune system to guard against cancer and other diseases and even slow the aging process. Major antioxidant vitamins are beta carotene (provitamin A) C, and E. Antioxidant minerals selenium, manganese, zinc, copper, iron and chromium form our bodies antioxidant enzymes. Spirulina contains all these nutrients, and exceptionally high levels of beta carotene and iron, and zinc in super spirulina.

Research shows spirulina helps protect Vitamin C from potency loss. In the past 20 years, many studies have shown natural beta carotene from fruits and vegetables reduces the risk of many cancers. Spirulina's beta carotene has been widely studied in India with thousands of people. Just one gram a day for a year given to 5000 pre school children, significantly reduced the incidence of eye disease. One gram a day caused total regression of mouth cancer lesions in 44% of male tobacco chewers.

This reinforced an earlier Harvard study that showed a spirulina extract used topically, reversed oral cancer tumors in hamsters. Chinese scientists found the unique polysaccharides also have antioxidant properties. No doubt, spirulina is one of the most powerful antioxidant whole foods.

What will spirulina do for athletes?

Athletes need extra nutrition. Spirulina is a high intensity superfood for a high intensity workout. Taken before jogging or competition, it delivers energy and improves stamina. Bikers, backpackers and mountain climbers will appreciate this lightweight survival food. For bodybuilders, it offers 60% protein and amino acids, low in fat. It's helpful for reducing caloric intake, essential for maintaining competitive weight.

World Class athletes use spirulina to improve performance. The Cuban Ministry of Sports gave it to their athletes to intensify training before the 1996 Olympic games. Cuban track stars have consumed it for many years. They say it helps create and mend muscle mass and helps iron retention. It improves endurance and wards off cramping for marathoners. When training increases appetite, spirulina curbs hunger.

When I was invited to the largest Chinese training center for 2000 athletes, I thought I was going to introduce them to spirulina. But, I soon found out it was their secret

ingredient they'd been using for five years. The trainers said they prescribed it for athletes for all sports. It boosts the immune system and improves recovery, so their athletes can intensify training, for which they are famous. Where does their spirulina come from? I found out this Chinese training center has its own, private and exclusive spirulina farm.

Can a person lose weight taking spirulina?

It's not an appetite suppressant. It contains no drugs that trick the body. Yet, many people find taking a few tablets or a spirulina drink an hour before mealtime can help satisfy appetite, so they eat less. We know when we're going to be hungry, so just plan ahead. Because it's rich in iron, often deficient in women on low calorie diets, spirulina is ideal support for any diet. Best of all, it helps us to lighten up and make the switch from a bulky diet to lighter, more powerful foods.