

# Health and Nutritional Benefits of Chlorella

Chlorella is considered to be one of the most concentrated plant foods in existence. It is nature's richest whole plant source of chlorophyll, DNA and RNA, and contains more than 19 amino acids, including all the essential ones. It also contains the Chlorella Growth Factor (CGF), only found in Chlorella. The following are the key health and nutritional benefits of Chlorella.



√ Detoxify body    √ Repair damaged tissues    √ Help maintain a balance diet

<b>CGF</b>	Chlorella contains the unique Chlorella Growth Factor (CGF), which helps its own cells to reproduce rapidly (four new cells every 20-24 hours) and is similarly thought to help repair damaged tissue and heal wounds in humans
<b>Chlorophyll</b>	Chlorophyll is only one molecule different from haemoglobin in human blood and is thought to help detoxify our bodies. Chlorella provides 50 times more chlorophyll than alfalfa
<b>Beta carotene</b>	It is pure vitamin A. This antioxidant aids vision in dim light
<b>Iodine</b>	Vital for normal thyroid function
<b>Iron</b>	Helps carry oxygen throughout the body and is essential for healthy blood cells and keeps muscle healthy
<b>Zinc</b>	Helps produce new cells and enzymes and promotes the healing of wounds
<b>Potassium</b>	Helps maintain a healthy heart, lowers blood pressure
<b>Magnesium</b>	Helps turn the food we eat into energy, lowers blood pressure, keeps bones healthy and helps prevent osteoporosis
<b>Calcium</b>	Essential for strong bones and teeth, regulates muscle contraction
<b>Phosphorus</b>	Helps maintain healthy teeth and bone, also metabolic energy
<b>Vitamin C</b>	Also known as ascorbic acid, this is one of the most essential elements of any diet, and is particularly beneficial to the immune system, in helping to prevent colds and flu