



## **CHLORELLA: A GREEN WHOLE FOOD THAT CAN HELP IMPROVE THE AMERICAN DIET**

*Nutrient-rich edible algae a great way to achieve “wholistic” nutrition*

TORRANCE, Calif., Feb. 24, 2010 — Americans’ dietary habits have been scrutinized for being dependent on processed, refined and incomplete foods. This has left many Americans to reassess the foods they eat and essentially reconstruct their personal food pyramids.

“Incorporating more raw fruits and vegetables, while limiting the consumptions of polished grains, red meat and ‘processed’ foods that contain chemical additives and preservatives are helpful places to start,” said Randall Merchant, Ph.D. “For some, supplementing with a whole green food such as chlorella can help combat the nutritional imbalance of our time-crunched culture.”

In addition to providing significant plant-based protein and the highest amount of purifying chlorophyll of any plant, clinical research into chlorella’s beneficial effects on metabolic syndrome — often a precursor to cardiovascular disease and type II diabetes — was presented by Dr. Merchant late last year at the annual congress of The American Academy of Anti-Aging Medicine. This clinical trial and others suggest that daily consumption of just a few grams of chlorella helps to maintain healthy levels of body fat, blood pressure, total serum cholesterol and blood glucose, all of which help reduce the risk of developing cardiovascular disease and diabetes.

“Newspaper articles, books and documentaries illustrate the effects of a diet lacking basic essential nutrients. Chlorella contains the widest range of essential nutrients in any single food source, so including it in a daily routine can be an easy step toward achieving better nutrition,” says Rose J. Straub, vice president and chief operating officer of Sun Chlorella USA, a manufacturer of premium chlorella tablets. “Our customers have a desire to make healthy, whole foods the foundation of their diet.”

To find out more about this superfood and to receive a free sample of Sun Chlorella “A” Tablets, visit [www.superfoodsample.com](http://www.superfoodsample.com).

**More About Chlorella and Sun Chlorella “A” Tablets:**

Chlorella is a fresh-water green algae that contains the highest concentration of chlorophyll of any known plant, and is exceptionally rich in essential vitamins, minerals, dietary fiber, nucleic acids, amino acids and enzymes. Sun Chlorella “A” Tablets are produced using the company’s patented pulverization process, which preserves its nutritive value while maximizing its ability to be absorbed and assimilated into the body. The product is available nationwide at Whole Foods Markets, The Vitamin Shoppe and online at [www.sunchlorellausa.com](http://www.sunchlorellausa.com).

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