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Change in Seasons is an Ideal Time to Review Healthy Aging Habits

*Omega-3, Antioxidants and Lutein All Crucial Components to
Baby Boomers' Health Regimen*

TORRANCE, Calif., Aug. 31, 2009 — As summer winds down and fall schedules return, attendance records and school supplies may not be top-of-mind for empty-nesters. But keeping with the spirit of the back-to-school season, September provides a perfect time to brush up on nutrition lessons, take stock of your medicine cabinet and challenge your daily health routine.

“While we can still take advantage of summer’s fresh produce bounty, ensuring a consistent supply of green whole foods throughout the year can reap countless benefits for those focused on aging as healthfully as possible,” says Michael E. Rosenbaum, M.D. “Chlorella, a super green food sourced from a fresh water alga, contains the widest range of essential nutrients available in any single food source, including potassium, all of the B vitamins, magnesium, zinc, iron and 18 vital amino acids.” Though beneficial for all life stages, Sun Chlorella can especially help aging adults thanks to these specific health rewards:

The Power of Omega-3: Perhaps the most scientifically established health nutrients on the market, omega-3 essential fatty acids have been shown to improve cardiovascular health and cognitive function in adults. In addition to being the most easily absorbed form of chlorella thanks to its unique pulverization process, Sun Chlorella brand also contains plant-based omega-3 and omega-6 to help keep your heart strong and mind sharp.

Energy and Antioxidants: As with other dark green foods, chlorella contains superior levels of chlorophyll, the foundation for plant growth and sustainable life. When considering that Sun Chlorella has the highest amount of protein of any edible plant form, it’s no surprise that regular Sun Chlorella users consistently report increased energy levels. Vitamins C, E and Beta-Carotene content also makes chlorella high in antioxidants — molecules that scavenge free radicals in the body and support healthy aging.

Seeing Green: While many vision factors are beyond our control, adequate levels of vitamin A and especially lutein — a naturally occurring carotenoid found in leafy greens — have exhibited positive clinical results with two eye-related conditions. First, lutein’s ability to increase macula pigmentation has been shown to have a direct effect on preventing Age-related Macular Degeneration, a leading cause of vision loss as we age. Lutein’s role in

cataract prevention — which affects a reported 20.5 million Americans over age 40 — has also been suggested in human clinical trials.

“Periodically reviewing your health routine can lead to the discovery of new foods and enjoyable exercise practices, and can help to ensure you’re getting essential nutrients that will keep the body as young as the spirit,” concludes Dr. Rosenbaum.

For more information about Sun Chlorella USA, its line of superior chlorella products and chlorella’s additional health benefits, visit www.sunchlorellausa.com.

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