

10 Important Facts about *Beta-Carotene*

Michael E. Rosenbaum, M.D.

Beta-carotene has been a health buzzword lately. You know it's good for you – but what exactly is beta-carotene and how does it help your body? And if you eat too much of it, will you really turn orange? Here's a look at 10 important facts why beta-carotene should be on your dietary checklist. And, you can be sure you're getting plenty of it when you add Sun Chlorella, the fresh water, single-celled, green algae to your diet.

1. Beta-carotene is just one of almost 50 carotenoids found in food,¹ and is one of the most important. In fact, it's usually the only carotene found in multivitamin supplements. Why is it so essential? Beta-carotene is the only carotene that can be converted into vitamin A by the body. Vitamin A is crucial to your health, playing an important role in vision, bone growth, reproduction, and cell division.² Vitamin A also helps maintain skin and mucous membranes that defend against bacteria and viruses. It also helps regulate the immune system.³

2. It doesn't just come from carrots. Although carrots are a great source of beta-carotene (beta-carotene is the pigment that gives fruits and vegetables their orange, red, and yellow colors), this important antioxidant can be found in other whole foods, including squash, cantaloupe, pumpkin, sweet potatoes, and many other yellow, orange, and red vegetables.

3. Surprise! Beta-carotene can also be found in green foods, including chlorella.

That's right, green veggies also pack plenty of beta-carotene. As a general rule, the darker the green, the higher the amount of beta-carotene. So not only are broccoli, kale and spinach good sources of beta-carotene, but so is chlorella. In fact, Sun Chlorella is very high in beta-carotene and many of the other carotenoids, including lutein, glutathione, and zeaxanthin.

4. A medium sized carrot contains about 10,000 IU (international units) of beta-carotene.⁴ And 10,000 IU of beta-carotene fulfills the Recommended Daily Allowance (RDA) for vitamin A.⁵

5. Carrot juice offers more beta-carotene than a raw carrot.⁶ It may surprise you to know that you absorb less beta-carotene by eating a raw carrot than by juicing one. Why? When you eat a carrot much of the beta-carotene is removed from the body along with the carrot's fiber content. But when you juice a carrot, the fiber is removed and more of the nutrients are left to be absorbed by the body. So drink up!

6. Sun Chlorella provides approximately 4559 IU of beta-carotene in its recommended daily serving.⁶ Sun Chlorella, the nutrient-dense superfood, provides an abundance of readily absorbed beta-carotene. In fact, there are 4,559 IU of beta-carotene in one serving (3g) of Sun Chlorella.

What makes Sun Chlorella so *superior* is the unique, patented process utilizing the DYNO[®]-Mill machine. You see, in its natural form, chlorella is virtually indigestible for human consumption. Its tough outer cell wall must be pulverized to unlock all of the powerful health benefits. The DYNO[®]-Mill pulverizes the cell wall naturally, without using chemicals, or any other methods that have been known to damage its naturally nutritious structure. Due to the exclusive DYNO[®]-Mill pulverization process, the complete nutritional value of chlorella can be absorbed and fully digested by humans, allowing for optimum assimilation of its vital, health-boosting nutrients.

7. Vegetarians need plenty of beta-carotene in their diets. Because vegetarians don't eat eggs or dairy foods (sources of preformed vitamin A⁷) they need to eat at least five servings of fruits and vegetables a day, and consume dark leafy vegetables and orange and yellow fruits to get an ample supply of beta-carotene.⁸ The conversion of beta-carotene to vitamin A is often the only means by which vegetarians can obtain vitamin A at all. That's why Sun Chlorella is a perfect choice for vegetarians and non-vegetarians alike.

8. Beta-carotene is an important antioxidant. As you know, antioxidants fight and destroy damaging free radicals that cause disease in the body. Specifically, beta-carotene neutralizes the harmful free radical called "singlet oxygen." How are humans exposed to this free radical? Ultraviolet light from the sun helps to strengthen our teeth and bones by stimulating the production of vitamin D in our skin. But during that process, the sun also raises the level of singlet oxygen. Concentrations of beta-carotene in the skin protect it from singlet oxygen. Have you ever noticed how orange your skin becomes when you eat a lot of carrots and other yellow-orange fruits and vegetables? That's beta-carotene protecting your skin from sun damage.⁹

9. Carotenes may help prevent heart disease. Many studies have shown a correlation between higher intakes of carotenes and a lower risk of heart disease.¹⁰ A recent study in the American Journal of Clinical Nutrition found that higher intakes of foods rich in beta-carotene or alpha-carotene are associated with a reduced risk of coronary artery disease. In the study, which began in 1984, 73,286 female nurses were followed for 12 years and watched for the development of coronary heart disease. Their diets were also watched closely. During 12 years of follow-up, 998 incidents of heart disease were found. Researchers observed a "modest but significant inverse association" between intake of beta-carotene and alpha-carotene and the risk of coronary artery disease.

10. Beta-carotene may also help protect against certain cancers. Surveys suggest an association between diets rich in beta-carotene and vitamin A and a lower risk of some types of cancer, according to the National Institutes of Health (NIH).¹¹ Therefore, the best and safest way to get your supply of beta-carotene is through whole food sources, such as Sun Chlorella.

Free Offer of Sun Chlorella

You can find chlorella in tablet, granule, or liquid form in most natural health food stores. **PLUS**, you can try Sun Chlorella absolutely **FREE** by calling **1-800-829-2828, Ext. 2604**.

¹ Chlorella – The sun-powered supernutrient and its beneficial properties

² <http://ods.od.nih.gov/factsheets/cc/vita.html>

³ <http://ods.od.nih.gov/factsheets/cc/vita.html>

⁴ Chlorella – The sun-powered supernutrient and its beneficial properties

⁵ http://www.wholehealthmd.com/refshelf/substances_view/1,1525,10103,00.html

⁶ Chlorella – The sun-powered supernutrient and its beneficial properties

⁷ <http://ods.od.nih.gov/factsheets/cc/vita.html>

⁸ <http://ods.od.nih.gov/factsheets/cc/vita.html>

⁹ Chlorella – The sun-powered supernutrient and its beneficial properties

¹⁰ http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12791615 [American Journal of Clinical Nutrition, (2003, vol. 77, no. 6:1390-9)]

¹¹ <http://ods.od.nih.gov/factsheets/cc/vita.html>