

FOR IMMEDIATE RELEASE

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### **Animal Restrictive Diets Pose Hidden Health Risk**

**March 19, 2008, Torrance, CA** - Eating an animal restricted diet may cause a vitamin B12 deficiency and in turn cause anemia and other, more serious health problems. At highest risk are strict vegetarians and vegans who eat no animal by-products. Chlorella pyrenoidosa can raise B12 levels and may help lower risk.

Vitamin B12 is found primarily in meat and dairy products. Restricting intake of these foods can result in a mild to severe deficiency.

In mild cases there are no noticeable symptoms, or the symptoms are mistakenly attributed to aging. Signs include weakness, tiredness, lightheadedness, pale skin, stomach discomfort, and diarrhea or constipation.

Long term deficiency can damage nerve cells and may be related to lower memory and cognitive performance.

Chlorella pyrenoidosa is a fresh water, green alga. As one of the few plant sources of Vitamin B12, it can be taken to raise B12 blood levels in those who do not eat any animal products and by-products.

Pyrenoidosa is a whole-food that contains six of the B-complex vitamins: Riboflavin (B2), Niacin (B3), Pyridoxine (B6), Folic acid (B9), Pantothenic acid, and B12. These vitamins work together to help maintain overall good health and healthy skin and muscle tone.

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For more information about Sun Chlorella USA, visit their website at [www.sunchlorellausa.com](http://www.sunchlorellausa.com)

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