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**New Study Suggests Beta-Carotene Supplementation May Help
Preserve Cognition in Men**

February 18, 2009, Torrance, CA - According to a new study conducted by Francine Grodstein, Sc.D., of Brigham and Women's Hospital (BWH) and Harvard Medical School, Boston, men who take Beta-Carotene supplements for 15 years or longer may have less cognitive decline.

Two groups of men, long-term users and short, supplemented with 50 milligrams of Beta-Carotene every other day. Long-term participants were treated for an average of 18 years and the short-term participants for an average of one year.

The men in the short-term group showed no difference in cognition (thinking, learning and memory skills) than those taking a placebo, while men in the long-term group scored much higher on cognitive tests.

According to Michael E. Rosenbaum, M.D., "for every 10 to 12 units of Beta-Carotene, your body produces one unit of Vitamin A." Vitamin A has shown to play an important role in vision, bone growth, reproduction, and cell division and differentiation: it helps prevent infections by making white blood cells that destroy harmful bacteria and viruses.

Beta-Carotene is also an antioxidant, so it helps deactivate free radicals that can damage the basic structure of cells and accelerate aging.

Foods rich in Beta-Carotene are yellow, orange, and green leafy fruits and vegetables: the more intense the color, the more Beta-Carotene it contains.

Sun Chlorella, a single-cell, fresh water green alga, is a superfood that contains 4515 IU of Beta-Carotene per serving. It has more protein and chlorophyll than any other plant; is high in vitamins, minerals, dietary fiber, and nucleic acids;

and, includes all the essential amino acids. It helps to detoxify and rejuvenate the body.

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For more information about Sun Chlorella USA, visit their website at www.sunchlorellausa.com

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