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

February 18, 2008, 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 845 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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