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FOR IMMEDIATE RELEASE

RESEARCH SUGGESTS THAT *CHLORELLA PYRENOIDOSA* MAY HELP TO IMPROVE SYMPTOMS AND THE QUALITY OF LIFE FOR THOSE WHO SUFFER FROM ULCERATIVE COLITIS

Inflammatory bowel disease (IBD) is actually a collection of chronic disorders of the gastrointestinal tract that cause inflammation or ulceration in the small intestine and colon. Approximately two million Americans suffer from some form of IBD. One of the most common forms of IBD is ulcerative colitis. This disease causes ulceration and inflammation of the inner lining of the rectum and large intestine and is considered incurable. The inflammation causes the colon to empty frequently, resulting in diarrhea. Its characteristic symptoms include abdominal pain, bloody stools and diarrhea, anemia, weight loss, loss of appetite, rectal bleeding, loss of body fluids and nutrients, and fatigue. The cause of ulcerative colitis is unknown and there is currently no cure except through surgical removal of the effected portion of the rectum and colon. The most commonly used drugs used to decrease the inflammation associated with the disease are sulfa compounds and corticosteroids such as prednisone.

Chlorella pyrenoidosa is a unicellular green alga that grows in fresh water mineral pools. *Chlorella* is packed with nature's most nutrient dense food, is 50-60% protein, has the highest level of natural chlorophyll of any known plant and is rich in nucleic acids (RNA/DNA). It contains over 20 different vitamins and minerals plus all the essential amino acids. A key component derived from the nucleus of the plant called *Chlorella Growth Factor* (CGF) stimulates the immune system, promotes growth to maintain the tissues and revitalizes the body at the cellular level. It also provides fiber, anti-oxidants, beta-carotene, Vitamin B-12 and lutein.

This alga has a strong cell wall that prevents it from being adequately digested in its natural state. It is only after the Dyno[®]-Mill process, which breaks the tough outer cell wall, that

the organism can be digested by humans. Toxic heavy metals, chemicals, and other invisible invaders in our environment can build up over time and paralyze the enzyme systems in the body. Toxins can be stored in the body for years until they create a *toxic overload* that can destroy one's health. Research has suggested that *Chlorella* helps detoxify the body of these harmful toxins while nourishing the body at the same time.

In a recent clinical trial, conducted by Randall Merchant, Ph.D. and colleagues at Virginia Commonwealth University, eight patients who met the eligibility criteria with mild to moderate active forms of ulcerative colitis were given *Chlorella* as a dietary supplement. The overall objective of their study was to determine if adding *Chlorella* to the diet of subjects with ulcerative colitis produced any improvements in their clinical and functional status by relieving symptoms, normalizing body functions and improving their quality of life. Before they began, patients had a rectal exam by flexible sigmoidoscopy and their symptoms were recorded and scored to determine the Disease Activity Index (DAI). The DAI is the most commonly used objective assessment for determining the slate of inflammation of the colon. It is actually the sum of scores for four subscales which takes into account stool frequency, rectal bleeding, rectal inflammation and the physician's overall assessment.

Participants were instructed to continue their normal lifestyle routines, including any already prescribed medication. The subjects supplemented their diets with *Chlorella* tablets and liquid-concentrated form of *Chlorella* called *Wakasa Gold* each day for this two-month period. At the end of the second month, a full examination and interview including a second rectal exam, were completed to determine any improvements in the patient's condition, as reflected by the DAI. At the end of the clinical trial, on average every category of the DAI improved. **The sigmoidoscope examinations of all participants revealed notably less inflammation.**

Each patient was also asked to assess their own symptoms using an IBD Questionnaire and visual analog scales of symptoms. These self-assessments clearly pointed out that they too believed the severity of their ulcerative colitis had decreased, soon after beginning the trial, and continued to lessen or remain stable over the course of the study. The results of the pilot study of dietary supplementation in this small group of subjects with ulcerative colitis lead Dr. Merchant and his colleagues to conclude that a larger, more comprehensive double-blind, placebo-

controlled clinical trial of *Chlorella* patients with ulcerative colitis, as well as other forms of inflammatory bowel disease is warranted. Dr. Merchant presented the results of this study in August 1999 at “GASTRO 99”, an international conference on gastrointestinal diseases which was held in Vancouver, British Columbia.

Even though the results of Dr. Merchant’s study indicate that *Chlorella* may be beneficial in improving the overall symptoms of ulcerative colitis, it is extremely important that anyone suffering from ulcerative colitis not take it upon themselves to substitute or stop any form of their own prescribed medication, without the supervision and consultation of a doctor.

For decades, scientists and nutritionists have known about the marvelous nutritional value of *chlorella*. But for many years, one seemingly insurmountable problem remained; the outer cell wall of the *Chlorella* was very thick and impenetrable, making it virtually indigestible. All previous attempts to break down the cell wall with heat and chemicals negatively affected its nutritional content.

In 1981, Sun Chlorella Corp. of Japan scored a significant nutritional breakthrough. It developed a patented process known as the Dyno[®]-Mill.

The Dyno[®]-Mill process is able to pulverize the thick outer cell wall of the *chlorella* cell without heat or chemicals. Finally, the cell wall could be broken down without damaging *chlorella*’s delicate enzymes, allowing the body to absorb and utilize all of *chlorella*’s maximum nutritional benefits. For this particular reason, Dr. Merchant chose a *Chlorella* product that is pulverized by the Dyno[®]-Mill process for his studies conducted with patients suffering from chronic health concerns.

Whether one is experiencing a chronic health concern or not, *Chlorella* is beneficial to everyone because of its capacity to fortify the body’s own natural defenses with its detoxifying abilities.

According to Dr. Randall Merchant, “*Chlorella* is clearly a Superfood that should be a part of everyone’s diet!”

For a free sample of Sun Chlorella, please call (800) 829-2828 ext. 2604