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**New Study: Protein in the morning helps dieters stay on track and keep weight off**

**January 29, 2009, Torrance, CA** - Results of a study, presented at The Endocrine Society's 90th Annual Meeting in San Francisco, found that a breakfast high in carbohydrates and protein followed by a low-carb, low-calorie diet the rest of the day, is effective in keeping dieters on track with their weight loss program.

Lead author, Daniela Jakubowicz, MD, of the Hospital de Clinicas, Caracas, Venezuela, along with scientists from Virginia Commonwealth University in Richmond, conducted the study. It shows that a diet's long-term effectiveness depends on its ability to increase a sense of fullness and bring down carb cravings.

The importance of getting enough protein daily goes well beyond its role in assisting in weight control; protein helps strengthen the body, provides energy, improves metabolism and mood, enhances immunity, and protects the body from visible signs of premature aging.

Protein is made up of amino acids. There are 20 types of amino acids; 10 can be produced by the body and by eating certain foods. The other 10, known as essential amino acids, must be obtained through the diet. All 20 are needed for good health.

In the diet, a "complete" protein source provides all the essential amino acids; animal sources are complete, while plant sources, such as legumes, nuts, seeds, cereals and vegetables, are not. Many vegetarians and athletes depend on dietary supplements to get enough protein and all the essential amino acids.

Sun Chlorella, a single-cell, fresh water green alga, is a superfood that contains 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.

Sun Chlorella USA ([www.sunchlorellausa.com](http://www.sunchlorellausa.com)) is a distributor of Sun Chlorella "A", Pet Sun Chlorella, Sun Eleuthero, Wakasa Gold, Wakasa Honey, Sun Eleuthero Extract, Sunergize, Sun Chlorella Cream and Sun Eleuthero Tea.

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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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