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Contact: Nathan Effron

(310) 891-0600 ext. 2604

Email: [neffron@sunchlorellausa.com](mailto:neffron@sunchlorellausa.com)

### **Study shows supplementing with antioxidant rich juice modulates immune function**

June 5, 2009, Torrance, CA - Study published in the *Annals of Nutrition & Metabolism* shows diets supplemented with juice high in lycopene or Beta-Carotene modulate immune function in healthy men.

The study's objective was to investigate the effects of a low-carotenoid diet supplemented with either tomato (high in lycopene) or carrot juice (high in Beta-Carotene) on immune functions.

Antioxidants, like Beta-Carotene and lycopene, protect and repair cells from free radical damage and help boost the immune system. Experts believe free radicals play a part in a number of illnesses.

Antioxidant supplements are available, but whole foods may be more effective. Unlike extracts, foods contain a number of different nutrients and antioxidants that work synergistically to support good health. Superfoods rich in antioxidants include, berries (all), red grapes, nuts, beans, and Chlorella.

Sun Chlorella, a single-cell, fresh water green alga, helps to detoxify and rejuvenate the body. It contains more protein and chlorophyll than any other plant; includes all the essential amino acids; and is high in dietary fiber, nucleic acids, minerals, and vitamins (including the antioxidants vitamin C, vitamin E, and Beta-Carotene).

“Because it is a whole food, Sun Chlorella can add to the quality of your daily nutrition – particularly by supplying important antioxidants, such as chlorophyll, and a full spectrum of carotenoids,” says Michael E. Rosenbaum, M.D.

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

## References

“Supplementation of a Low-Carotenoid Diet with Tomato or Carrot Juice Modulates Immune Functions in Healthy Men,” Bernhard Watzl, Achim Bub, Karlis Briviba, Gerhard Rechkemmer, *Annals of Nutrition & Metabolism*, V47, No.6, 2003

“Antioxidants and Your Immune System: Super Foods for Optimal Health”, WebMd, <http://www.webmd.com/diet/guide/antioxidants-your-immune-system-super-foods-optimal-health>