



## Sun Chlorella Granules for Easy, Breezy Teen Nutrition

*Sun Chlorella: Getting Teenagers to Eat Their Vegetables  
no Longer Has to Be a Challenge*

**Torrance, CA, January 31, 2011** - Let's face it. It's the rare teen who willingly sits down to a hearty plate of steamed spinach or broccoli. Most teens crave traditional fast food and recipes such as hamburgers or pizza. And while these foods do contain protein, they lack the nutritional consistency as well as the vitamins and minerals that come along with eating fresh, green, leafy vegetables. Unfortunately, the phrase, "How do I get my teenager to eat nutritionally sound meals?" is an all too common parental lament. While parents could certainly take time to prepare nutritionally sound yet palatable meals that will entice their teenager, between school, family and job obligations, that process is a luxury that they often cannot afford. So what ends up happening? The teenager's health ends up being compromised. Sun Chlorella Granules are making life easier for concerned parents "on the go" and ensuring that teenagers receive a sound nutritional foundation.

Derived from *Chlorella pyrenoidosa*, a nutritionally superior species of a freshwater, single-celled, green algae, Sun Chlorella provides vital nutrients that a teenager needs such as potassium, all of the B vitamins, magnesium, zinc and iron, 18 vital amino acids, beta carotene and lutein. What's great about the granules is they take on the flavor of the food into which they are being incorporated-so kids won't know they're getting their green nutrients!

Pure Sun Chlorella, carefully cultivated *pyrenoidosa* strain is the superior alternative to other chemically processed Chlorella products on the market, and therefore perfectly suited for a growing teen. It naturally offers protein, antioxidants such as chlorophyll and beta-carotene, dietary fiber, vitamins B, C, D and E, nucleic and amino acids, and many important minerals.

According to Dr. David Nelson, Nutritionist at the Center for Advanced Medicine and co-host of the radio show *Health Talk, A Second Opinion*, "Children will get all of the protein,



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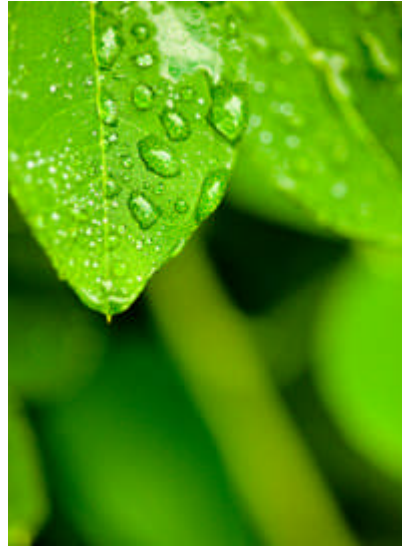
Sun Chlorella's Line of Products

nucleic acids, chlorophyll and nutrients they need from the Sun Chlorella granules. When you add the granules into healthy recipes, kids will be having a well-balanced meal without even knowing it.”

Sun Chlorella USA has come up with a recipe that incorporates the healthful benefits of Sun Chlorella granules into Lemon Raspberry Muffins. The recipe, which features organic raspberries and organic lemon yogurt, is easy to make and sure to be a hit with even the fussiest of eaters.

Sun Chlorella has unique clinical benefits, which you won't find in any other single food source: CGF (Chlorella Growth Factor), which gives the body a revitalizing boost; Chlorophyll, nature's most powerful purifying agent. Chlorella contains the highest percentage of natural chlorophyll of any plantsource, containing as much as 7%; Protein, to help support and nurture tissues. Ounce-for-ounce, chlorella has more protein than steak or soy; and Beta-Carotene, an important carotenoid and powerful antioxidant.

Sun Chlorella Granules added into the daily intake of children's food and drinks fill their meals with vital nutrients. Remember, one serving of SunChlorella is equivalent to one serving of fresh green vegetables. So kick off this year confidently by improving your teenager's diet with Sun Chlorella granules.



Chlorella emerged over 540 million years ago from the first form of plant life

#### **Lemon Raspberry Muffins:**

2 cups of organic gluten free flour  
 ½ cup organic cane sugar  
 2 tsp baking powder  
 ½ tsp baking soda  
 ½ tsp sea salt  
 1 (8oz) container organic lemon yogurt or soy  
 ½ cup + 1 TBSP grapeseed oil  
 3 to 4 tsp grated lemon peel  
 1 tsp fresh lemon juice  
 3 eggs  
 1 cup organic raspberries  
 12 (3 g) packs Sun Chlorella granules



Lemon Raspberry Muffins with Sun Chlorella's Granules

#### **TOPPING:**

1/3 cup organic cane sugar  
 ¼ cup organic gluten free flour  
 2 TBSP Earth Balance

Preheat oven to 400 degrees. Lightly spray 36 miniature muffin cups with cooking spray. In a large bowl, combine flour, sugar, baking powder, baking soda and sea salt. Mix well. In small bowl, combine yogurt, oil, lemon peel, lemon juice and eggs and mix well. Add to dry ingredients and stir just until moistened. Add Sun Chlorella and mix gently. Gently stir in raspberries. Fill greased muffin cups ¾ full. In small bowl, combine topping sugar and flour. Using fork, cut in butter until crumbly. Sprinkle over each muffin. Bake at 400 degrees F for 11-15 minutes or until light golden brown. Cool 5 minutes and then remove from pan. Serve warm.

*Nutritional Info Per Serving (One serving = 3 mini muffins): Calories 90, protein 1 g, carbohydrates 12 g, fat 4 g, sodium 75 mg, protein 2 g, vitamin A 845 IU, folic acid 36 mcg, vitamin B12 7 mcg, iron 4 mg, chlorella pyrenoidosa 3 g, lutein 4 mg, alpha-carotene 156 mcg, chlorophyll 67 mg, omega-3 fatty acids 52mg, omega-6 fatty acids*

64 mg

For more information on Sun Chlorella, please visit [www.sunchlorellausa.com](http://www.sunchlorellausa.com).

To obtain images, more information, or schedule an interview with a member of Sun Chlorella USA's medical advisory board, please contact:

Erika Maya  
Ballantines PR  
[erika@ballantinespr.com](mailto:erika@ballantinespr.com)  
Off: +1.310.454.3080  
Fax: +1.310.943.1978  
[www.ballantinespr.com](http://www.ballantinespr.com)

