



## Superfood Sun Chlorella May Be the Super Hero we've all been Looking For!

*Studies have shown the increasing benefits of adding Sun Chlorella as a dietary supplement in maintaining optimal health*

**Torrance, CA, October 27, 2011** - With American Diabetes Awareness Month in November, it's time to rally individuals, communities and families to join in the movement to stop diabetes. One interesting whole food that has been raising awareness over the past few years that may help improve symptoms and conditions from lifestyle-related diseases is a Superfood known as Sun Chlorella. Studies are continuing to emerge indicating that this green algae may improve symptoms in people with lifestyle-related diseases, like metabolic syndrome. This disease has been linked to high risk factors such as cardiovascular disease and diabetes.

Not many people include whole foods in their daily diets, which could mean they are not getting all of the essential nutrients necessary to keep them healthy. Chlorella is a green algae that has existed on Earth for millions of years and is a great example of a whole food. It has twice the protein density of spinach, 38 times that of soy beans and 55 times that of rice, providing nine essential amino acids, along with a number of vitamins and minerals.

In a recent Nutrigenomics study published in by Dr. Toru Mizoguchi, chlorella has shown effectiveness in improving the symptoms of metabolic syndrome, including lowering blood sugar, blood pressure and cholesterol, and obesity. In this study, chlorella intake resulted in a noticeable reduction in body fat percentage and total cholesterol and blood sugar levels. Research shows that chlorella turns on genes that control the way insulin is



Sun Chlorella Tablets



Sun Chlorella Tablets



Sun Chlorella Granules

normally used by the cells in the body, returning it to normal. Chlorella also helps normalize the body by removing toxins and slowly correcting the genetic make-up of bad cells.



Sun Chlorella Family of Products

Nutrigenomics is a relatively new science that studies how naturally occurring chemicals in foods alter molecular expressions of genetic information in each individual. The Chlorella study results suggest that incorporating Sun Chlorella into your daily diet can have a positive effect on gene expression and overall health and vitality. Understanding how nutrients affect gene expression may lead to the development of foods that promote better health and vitality and will allow health care professionals to customize diets for individuals.

People looking to add chlorella in their diet should buy Sun Chlorella - the leading manufacturer of chlorella supplements. Sun Chlorella USA has harnessed the nutrient powers of chlorella and has developed many supplement products, the most popular of which is Sun Chlorella tablets. They are available for purchase nationwide at Whole Foods Markets, Vitamin Shoppes, health food stores and and on Sun Chlorella USA's website [www.sunchlorellausa.com](http://www.sunchlorellausa.com).

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