Astonishing New Anti-Aging Secrets

--- FOUNTAIN OFYOUTH

TABLE OF CONTENTS



- 3 Aging Breakthroughs From the Frontiers of Medical Science
- **4** Feel Younger and Better Every Day of Your Life
- Remove Toxins From Your Life
- Tap Into the Youth—EnhancingBenefits of a Healthy Diet
- **3** Get the Exercise You Need Without Wearing Yourself Out
- How to Get the Maximum Benefits of Sun Chlorella®
- Your Life Extension Program Begins Today
- 10 Customer Testimony
- **11** Save up to a 40% on Future Orders on Auto Ship

Disclaimer: The Food & Drug Administration has not evaluated the statements in this issue. This product is not meant to treat, cure, or prevent any disease. In order to maintain overall good health, it is important that you consume a well-balanced diet, exercise regularly, think positively, and get regular check-ups by your doctor. If you are already suffering from an illness, please seek the help of a physician. Individual results may vary. All testimonials in this report are from real people and only reflect their results.

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Nature's Fountain of Youth

I thas been more than 400 years since the Spanish explorer Ponce de Leon gave up his quest to find the legendary, "fountain of youth." While de Leon's quest was destined to fail from the start, his desire for eternal youth is one that continues to excite the imagination of men and women all over the world.

The good news is, after centuries of hoping and dreaming, medical science is now making tremendous progress on the road to slowing, stopping, or even turning back the premature aging process.

No, science has not discovered a magic pill that will stop the appearance of the premature aging process and allow us to live forever, but it is helping us live longer and healthier than ever before. At the beginning of the 20th century, the average life expectancy in the U.S. was just 47.3 years. Today, it's 78 years!

Better yet, recent medical research has identified a number of steps you can take right now to not just live longer—but to look better, feel better, and stay healthy and vibrant the whole way through.

Imagine for a moment how you'd feel if you could regain the energy of your youth and feel great every day...

... how rewarding it would be to stay healthy, vibrant and active well into your 80s and 90s...

... and how flattering it would be if you were frequently told that you look years younger than your biological age thanks to your great hair, smooth skin and overall youthful appearance.

In this report, you will discover simple ideas for living a longer, healthier life, including...

- powerful nutrients that may boost your body's natural defense system and help you repel illness;
- nature's way to help improve your circulation and digestion;
- how to help sweep toxins from your body for better health;
- the best way to load up on free radical-fighting antioxidant vitamins;
- and many more terrific tips to support retaining youthfulness!

Let's get started...

Aging Breakthroughs From the Frontiers of Medical Science

By the end of this century, medical science may well present us with a pill that will extend the average lifespan by years, even decades. But you don't have to wait for that breakthrough to give yourself a longer, healthier life. Instead, you can take advantage of these tips to help slow down the appearance of the premature aging process and enhance your youth:

1. Eat foods rich in nucleic acids.

As you age, your nutrient intake becomes less efficient, and more toxic wastes remain in your cells. In his book, *Dr. Frank's No Aging Diet*, the late Dr. Benjamin Frank explains, "this sort of condition arises because human production of nucleic acids slows down as we get older, resulting in less vitality and more vulnerability to disease." Sardines, salmon, tuna, shellfish, lentils, and beans are rich in nucleic acids.

If you get an abundant supply of nucleic acids in your diet, it should enable your cells to protect their own nucleic acids, enable the cell walls to continue functioning efficiently, and keep the cell clean and well nourished. Taken in moderation, foods rich in nucleic acids provide cell-protective effects that may help ensure a long life. Sun Chlorella[®] is an important source of nucleic acids, more concentrated than the next best source... sardines.

2. Promote good health by packing your diet with ALL of the essential amino acids your body needs.

Amino acids are chemical substances that make up protein, which provides the structure for all living things. Each individual type of protein is composed of a specific group of amino acids in a specific arrangement. It is the particular amino acids, and the sequence in which they are linked together, that give the proteins their unique function. Each protein in the body is tailored for a specific need; proteins are not interchangeable. There are 20 amino acids, nine of which are essential. An essential amino acid is one that must be supplied from our diet. The amino acids that are generally regarded as essential are: tryptophan, lysine, histidine, methionine, phenylalanine, threonine, valine, leucine, and isoleucine. Our bodies need all different amino acids, but we are able to make the other eleven kinds from these nine.

However, the proteins that make up the human body are not obtained directly from the diet. Rather, dietary protein is broken down into its constituent amino acids, which the body then uses to build the specific proteins it needs. Therefore, it is the amino acids rather than protein that are the essential nutrients.

Amino acids also enable vitamins and minerals to be absorbed and assimilated by the body. For example, low levels of the amino acid tyrosine may lead to iron deficiency. You can get the essential amino acids your body needs with Sun Chlorella[®]. Sun Chlorella[®] contains 18 amino acids (including all the essential ones).

3. Fight free radicals by loading up on antioxidant vitamins.

Vitamin C and E, along with beta-carotene—which converts to vitamin A in your body—are critical for a healthy diet. For example, beta-carotene and vitamin E have both been shown to provide protection against heart attacks, while vitamin C may help to counteract the risks associated with elevated cholesterol levels, high blood pressure and even cigarette smoking. All three have also been shown to protect against free radical formation.

4. Tap into the health-enhancing power of Sun Wakasa Gold Plus[®].

Sun Wakasa Gold Plus® is concentrated chlorella extract taken from the nutrient-rich nucleus of the chlorella plant. It is loaded with the revitalizing properties of nucleic acids, and Chlorella Growth Factor (CGF) in a more concentrated form than found in Sun Chlorella® tablets, granules, or powder alone. When taken with Sun Chlorella®, Sun Wakasa Gold Plus® accelerates Sun Chlorella®'s health-boosting benefits.



Feel Younger and Better Every Day of Your Life

As great as Sun Chlorella[®] and Sun Wakasa Gold Plus[®] are, living a longer, happier and healthier life involves more than just grabbing the latest, "hot," nutrient. There's plenty more you can do, starting right now. Take a look...

5. Reduce stress.

Overworking in high-stress jobs and living a turbulent and emotional life often drain your body. Stress changes your body's normal physical functions, and in turn, negatively affects your mental and emotional outlook on life. Stress affects each individual differently but often causes fatigue, sleeplessness, poor eating habits and digestion. To help fight the results of stress and fatigue, take Sun Chlorella[®].

6. Take drugs only as prescribed and only if absolutely necessary.

Remember that many drugs and medications are used to suppress the symptoms resulting from illnesses without getting to the root cause of the illness and fixing it in the first place.

7. Slow down the appearance of premature aging with a natural approach.

The natural approach is one that cooperates with the body and its own processes, instead of merely insulating it with powerful foreign substances like drugs. Sun Chlorella[®] complements this approach entirely.

Sun Chlorella[®] is, in fact, an excellent source of many substances known to enhance health, vitality and long life—with some unique advantages of its own. Inclusion of this nutritious food in one's diet may contribute significantly to achieve better health, and provide your body with the nutrition it needs.

8. Fiber is the natural way to remove waste build up.

The process by which the body removes harmful substances from the body is called purification. It generally involves the removal of the chemical substances via the bowels and urine. The primary organs used for purification are the liver, kidney, and skin. High fiber foods, especially fresh vegetables and fruits promote purification. Fiber, mostly non-digestible carbohydrates, is any food that is classified as a plant. The fiber provides the plant its structure. Fiber can also be soluble and is typically found in oat bran, barley, nuts, seeds, beans, lentils, peas, etc. People with irregularity are often advised to increase their fiber and fluid intake to add form to the stool. Yes, you can get too much fiber but you and your body will know. When the digestive system becomes overwhelmed with too much fiber, you may suffer from bloating and excessive gas. Try to eat as much fiber as you need to stay healthy and enjoy a flat abdomen.

Another really important role of fiber is that some fibers are prebiotics—meaning they are fermented in the colon by the healthful beneficial bacteria.

9. The healthiest foods are dark green for obvious reason.

The benefits of various green foods seem related to their chlorophyll content. Chlorophyll consumption increases the number of red blood cells



and, therefore, increases oxygen utilization by the body. Chlorophyll also reduces the binding of carcinogens to DNA in the liver and other organs. In addition, it breaks down calcium oxalate stones for elimination, which are created by the body for the purpose of neutralizing and disposing of excess acid.

Historically, chlorophyll was used for gastrointestinal problems, such as constipation. It rapidly improves blood oxygenation and also helps cleanse the body. Sun Chlorella[®] is, by weight, the most concentrated source of chlorophyll known in the world. It can contain 10 times more chlorophyll than spirulina and alfalfa.

10. Take advantage of Hollywood's hottest natural health secret.

Longevity magazine revealed that Hollywood stars —including Sally Field (Norma Rae, Mrs. Doubtfire, Forrest Gump), Jeanne Tripplehorn (Basic Instinct, The Firm, Waterworld) and others—rely on the healthenhancing benefits of Sun Chlorella[®] as an important part of their health regimen. InStyle ranked nutrient laden Sun Chlorella[®] third in the top ten "What's Hot" items in Hollywood, the only food/nutritional supplement to make the list.

11. Experience fewer health problems by building your natural defense system.

In an age of natural defense system illness, a natural substance than can support the body's natural defense system is certainly welcome news. Everything you eat can either strengthen or weaken your defense system, so nutrition is a key to its efficient function. There is no substitute for proper nutrition. Without it, all other measures would have limited usefulness in restoring and maintaining defense system health.

The natural defense system encompasses the entire body—every gland, organ and tissue. Our best defense against illness is a strong, clean, and balanced body. Sun Chlorella[®] contributes to the body's natural defense system through its supportive effects on many of the body's organs and systems.

12. Natural vitamins and minerals from food are much better than synthetic vitamins.

Sun Chlorella $^{\circ}$ contains many naturally occurring vitamins like D and Active B₁₂ and minerals like Iron.

13. Remember that beta-carotene is critical to long-term wellness.

The body converts beta-carotene into vitamin A. Vitamin A fortifies the body's mucous membranes and in fact, beta-carotene is one of the strongest antioxidants available. Sun Chlorella[®] contains beta-carotene.

Remove Toxins From Your Life

Most people—even those who understand the importance of good nutrition—underestimate the damage done to the defense system by toxins, pollutants, and contaminants in our environment. They build up in the body, bring down



energy levels and make the body far more susceptible to illness. Flushing those toxins out of your body and protecting yourself from future contamination are critical. Here's how to do it...

14. Don't smoke.

You already know that smoking can lead to lung cancer, heart disease, and emphysema. But did you know that it also destroys nutrients in your body and reduces your body's ability to efficiently use those nutrients that remain? Worse yet, it dulls your mind and slows you down. In other words, it dramatically accelerates the premature aging process.

15. Defend yourself against food additives and contaminated water.

The typical American ingests approximately ten pounds of synthetic chemicals each year. These include preservatives, additives, artificial colors and flavors, flavor enhancers and anything else the food industry can add to their products to make them taste better, look better and increase their shelf life.

Avoid the artery-clogging trans-fatty acids that are present in a lot more foods than you may realize. Also known as hydrogenated fats, these oils are processed to make them solid at room temperature. Margarine, coffee creamer, and almost all processed snacks such as chips, crackers, cookies, and fried foods contain transfatty acids.

Tap water is also contaminated with chemicals. It contains chlorine for killing off bacteria. However, chlorine does not kill off all types of bacteria and it combines with the "sludge" in processing plants to form dangerous toxins called trihalomethanes.

16. Check your home for dangerous chemicals and toxic products.

There are all kinds of chemicals and toxic products in your home. These include furniture, carpeting and other materials that are generally made from synthetic products. The insulation material used in homes usually involves formaldehyde. Also, soft plastics (called phenols) are directly toxic to our bodies. Once in your system, they can behave like hormones, thereby disrupting your hormonal balance. The list goes on to include household cleaners, soaps, toothpaste, shampoos, deodorants, and even nail polish, all of which can contain synthetic chemicals.

But that's not all. Take a close look at the perfumes, colognes, and cosmetics you use. Avoid the use of, and

exposure to, pesticides and herbicides—many of them contain toxic chemicals that can make you sick. Avoid these, as much as possible, for better health.

Tap Into the Youth—Enhancing Benefits of a Healthy Diet

You've probably been reminded throughout your life about the importance of a healthy diet. It's one of the basics of the youth enhancing lifestyle. Below you'll find a few reminders of things you've known for a long time and a few surprises you may not have heard before—all designed to help you build a solid base for a long and healthy life.

17. Drink plenty of fresh, clean water—at least eight glasses (64 ounces every day.)

More than 75 percent of your body is water (even bone is more than 20 percent water). When you don't drink enough water, your blood doesn't flow properly and your digestive system doesn't operate smoothly. Even a small deficit of water can radically affect how your body performs. It's the leading reason for fatigue.

18. Eat three nutritionally balanced meals every day or four to six smaller meals.

Be sure that you include at least three to five servings of fruits and vegetables that are rich in antioxidants.



19. Don't skip breakfast!

Studies show that people who eat breakfast reap a number of benefits, including increased mental alertness and better maintenance of their weight. Better yet, a good breakfast has been shown to help people increase

their levels of productivity throughout the morning.^{1, 2}

20. Choose whole foods – foods that retain the nutrients often stripped away by processing.

If you fill your diet with fresh, natural, whole foods, you'll start to feel better.

Plus, you may even begin to look younger. And if you're already in superb health and/or look young for your age, eating whole foods is a powerful preventative measure to help slow the appearance of the premature aging process and help guard against degenerative conditions.

21. Make "variety" the key word when planning your meals.

Your body requires many different chemical elements, and they all work together in special combinations. To give your body what it needs, include a wide variety of fruits, vegetables, meats, grains, various kinds of fish, and poultry in your diet.

22. Eat a well-balanced diet that is rich in nutrients.

Your diet should also include quality proteins. Protein is crucial because it's made up of amino acids, which your body uses to build and repair muscles, red blood cells, enzymes and other tissues. Your body needs 20 different amino acids, only 11 of which your body can produce on its own. The remaining nine, known as essential amino acids, must come from food. One way to get the amino acids your body needs is with Sun Chlorella^{*}.

23. Load up on fiber. Forget the fiber pills.

The best way to get more fiber into your diet is to eat plenty of unprocessed high-fiber foods, which are packed with vitamins and minerals.

For a food to be considered a good source of fiber, government recommendations require it to have at least 2.8 grams of dietary fiber. Foods high in fiber include beans, whole-wheat pasta and pita bread, pears, baked potatoes (with skin), raisins, wheat germ, brown rice.

24. Avoid processed foods.

These foods are stripped of most of their essential nutrients by the time they get to your table. Some processed foods claim to be "enriched" with vitamins. However, this usually involves the use of synthetic nutrients—which your body has a harder time absorbing. Your body absorbs natural nutrients more easily than synthetic ones. Sun Chlorella[®] is all natural.

25. Educate yourself.

Take the time to read food labels and calculate your daily intake.

26. Make better choices.

Avoid fried, fatty, processed fast foods and sugar. Reduce or eliminate caffeine, alcohol and other detrimental substances.

27. Don't count on sugar substitutes to aid in weight loss.

When people switch to sugar substitutes, they tend to make up the extra calories elsewhere. For example, diet soda has been around for 35 years and Americans, as a whole, are fatter than ever.

28. Change your beverage.

Substitute healthier beverages in place of sweetened teas, coffees and soft drinks. Dilute fruit juices with water to decrease your intake of sugars per serving. A lot of juices are mostly sugar and contain very little natural fruit.

29. Reduce your cholesterol level.

The best way to do so is with a healthy diet and exercise. Your total blood cholesterol level should be lower than 200 mg/dL.



Until much more research is done, don't consider fat substitutes the answer to weight problems you might have.

31. Eat healthy while out-and-about.

With just a little advance planning and a little bit of know how, you can still eat healthy when dining out or when you're traveling.

32. Maintain a healthy weight.

Excess weight contributes to the development of various ailments. If you can maintain a healthy weight, you should stay healthier and live well for many more years.

33. Make the most of every vacation.

Take a vacation that involves activity, adventure, and exercise.

34. Get your daily requirement of sleep.

While the amount of sleep necessary for good health varies from one individual to another (generally 6 to 9 hours), it is important that you get the amount your body needs each day to rebuild, refresh and renew itself. If you go to sleep by 10:00 p.m. every night, you'll optimize your body's growth hormone production.

35. Be sun smart.

Protect yourself from the sun's damaging rays.

Get the Exercise You Need Without Wearing Yourself Out

Use these tips to latch onto the enormous health benefits of even a slightly increased level of activity.

36. Exercise regularly.

It's critical that anyone seeking healthful longevity participate in a regular exercise program involving both aerobic and muscle building activities. In addition, choose an activity to get involved in such as golf, tennis, basketball, etc. Sweating is one way the body purifies itself and is an excellent by-product of exercise.

37. Get your body moving whenever possible.

For example, take the stairs instead of the escalator or mow your lawn with a hand mower instead of a power mower.

38. Get your fitness level evaluated prior to beginning any exercise program.

Find out exactly what kind of shape you're in: your heart rate and blood pressure levels, your body fat ratio, the strength of your muscles, the flexibility of your joints and the condition of your heart and lungs. Ask your physician or fitness instructor to explain the results of your fitness evaluation to you.

39. Work out with friends or join a gym.

40. Make sure that if you join a gym, they have you fill out a "health history."

If your health club collects information on your health, that's a good indication that they're more interested in your fitness level and goals than just collecting the dues for a new membership. If they don't ask for that information, consider finding another gym.

41. Make a plan of action for your workout program.

Before you embark on an exercise program, clarify why you want to get fit. It is important to set immediate, short-term goals as well as long-term goals.



42. Write everything down.

Keep track of your food intake, your exercise results and your goals. Then you'll know when to reward yourself for accomplishing various goals you've set.

43. Expect to be challenged.

You can't get into shape without over exerting yourself and perhaps, without experiencing some (but not a lot of) discomfort.

44. Pace yourself.

Don't try to accomplish everything the first day or first week. You'll burn yourself out and feel sore for days or injure yourself.

45. Take pride in all accomplishments.

Be proud when you have accomplished a certain objective, whether it has to do with exercise, diet or overall lifestyle changes. As long as you're improving your eating and exercise habits, you're making progress. It's always great to get inspiration from other people, but don't let anyone else's accomplishment diminish your own.

46. Add variety to your diet and exercise routine so that you stay motivated to reach your goals.

47. Don't get discouraged with yourself if you miss a few days of exercise.

48. Stretching is the key to maintaining your flexibility and reaping the maximum benefits from weight and resistance training.

49. Always warm up and cool down when exercising.

50. Don't overexert yourself.

Exercising too hard can lead to injury, inhibit your progress and cause a fast burn out. On the other hand, if you don't push yourself hard enough, progress may be so slow that it will lead to frustration and discouragement.

How to Get the Maximum Benefits of Sun Chlorella[®]

Unlike most supplements, Sun Chlorella[®] is not a simple one-size-fits-all, take-one-a-day pill. Use the guidelines below to work this amazing whole food into your diet and to get the absolute best results possible.

Start by taking 1 gram (1000 mg) tablets of Sun Chlorella[®] per day for the first week. Increase the amount to 2 grams (2000 mg) tablets per day the second week. By the third week, you should be taking one complete daily serving. You can take Sun Chlorella[®] all at once or throughout the day, preferably after a meal. 3 grams (3000 mg) per day is the recommended adult serving. Consult with your physician before admitting any new supplements, especially for those under a doctor's care.

You can safely increase your consumption to 3 servings a day when necessary. Many people take additional servings when they need a "boost" or if they are feeling under the weather.

Sun Chlorella[®] is the ideal superfood to be taken with any vitamin, mineral or food. In fact, Sun Chlorella[®] may help you get more out of your daily diet. Since Sun Chlorella[®] is a natural food, it is compatible with other vitamins and minerals you may by taking.

Your Life Extension Program Begins Today

Proper nutrition is among the best means of strengthening your body's defenses against illness. Few whole foods have the unique nutrient-rich pattern found in Sun Chlorella[®].

In fact, the biochemical make-up of the chlorella cells is an array of nutrients that very closely match the nutrient needs of a human cell. *Scientific American* hailed chlorella as an, "important part of the world's food supply," while *Reader's Digest* called chlorella, "Bread from the sea."



However, vibrant, good health doesn't just happen overnight. Toxins and chemicals build up and remain in the body for months, years and even decades. So what can you do? Don't make the mistake of taking Sun Chlorella[®] for just

a few weeks then quitting. Give your body time to adjust and take advantage of Sun Chlorella[®]'s health boosting benefits. That's why we've developed a way to assist you to make Sun Chlorella[®] an integral part of your wellness and longevity regimen.

There Is Not A Day That I Don't Take My Sun **Chlorella**[®]!

"I have been taking Sun Chlorella® since 2005. There is not a day that I don't take my Sun Chlorella®. Sun Chlorella[®] is a part of my healthy routine such as eating healthy and daily exercise. It gives me energy to handle the occasional stress I may



meet during the day. I get routine medical check-ups and my blood work has been good. My skin has also had a natural healthy glow from using Sun Chlorella[®]. My digestive system has been working normal. I think when an individual starts to take Sun Chlorella® daily they feel the benefits of the product. You just cannot be without it."

— M. Murdy, Georgia

Healthy During Winter Time

"I have always believed in preventative health. I have

been taking Sun Chlorella® tablets for approximately 12 years, combined with a sensible diet and regular exercise (played rugby for 30 years). I have been able to maintain my normal immune system which helped to be healthy during the winters."



- N. Suvan, Edmonton, AB

My Doctors Are Surprised... **Helped Support Recovery Process After Surgery!**

"After taking Sun Chlorella® for several months, I realized I had a lot more energy to exercise. I joined a nutrition class, began to lose weight slowly, and felt healthy. A year later, I was involved in a kidney transplant. Following the surgery, I



started taking Sun Chlorella® immediately upon returning home from the hospital. I returned to my normal routine much more quickly than the medical staff had told me. I continue to exercise, and am blessed to be healthy and energized daily."

M. Kirkpatrick, Nebraska

As A Physician, I'm A Believer In Sun Chlorella[®]!

"I have used Sun Chlorella® for many vears and found it is beneficial. As a physician, I am exposed to infections on a daily basis. With Sun Chlorella[®], it helps to maintain my normal immune system. Using Sun Chlorella®, I also have more



energy. I am a believer in Sun Chlorella[®]."

- C. Hiers, Arkansas



I Have Used Sun Chlorella[®] For Over 30 Years!

"I have used this Sun Chlorella® for over 30 years. I never miss a day taking it. It makes me feel young. I have been told so many times that I don't look 66 years old. I have more energy. I love staying young and healthy."

- B. Albert, Virginia

Results may vary. All testimonials in this advertising are from real people and only reflect their results.

Do you have a Sun Chlorella[®] success story you'd like to share? We'd love to hear yours and publish it! Call us or go online:



1-800-829-2828, Ext. 2455 Mon.-Fri., 8:30am-5:00pm PST www.sunchlorellausa.com

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You get the lowest prices, guaranteed! Up to 40% off Sun **Chlorella® products!**



We at Sun Chlorella USA have developed a special savings program for our most valued customers called the Auto Ship program. This program entitles you to receive up to a 40% discount on future orders.

- By simply calling Sun Chlorella USA on a special toll free number reserved for Auto Ship customers, you can have your questions answered, learn about additional Sun Chlorella® products, services, and place an order.
- The Auto Ship program offers convenience and flexibility. Your shipping schedule can be changed at any time just by placing a phone call. Helpful service is available during normal business hours and can answer any questions you might have.

Our goal at Sun Chlorella USA is to provide a way for customers to achieve and maintain overall health and wellness.

To become an Auto Ship customer, please visit us at www.sunchlorellausa.com or call us at

1-800-829-2828, Ext. 2455.

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