

Chlorella

For Healthier Moms and Babies



Chlorella is a naturally occurring micro-algae from the green algae plant that has a long history of consumption by humans. It is **beneficial** during the second and third trimesters of pregnancy and during breastfeeding for several reasons.

Chlorella is high in the following vitamins, minerals, and nutrients.

- **Vitamin B12:** Supports **mood and energy levels**.
- **Iron:** This is **often depleted** in mothers during pregnancy so additional intake **can prevent deficiency**.
- **Carotenoids:** **Antioxidants** that **protect cells** from free radical damage.
- **Chlorophyll:** Considered a super-food for its **antioxidant** and **cancer fighting properties**.
- **Protein:** Supports **nutritional needs** of the mother and baby.

Chlorella also protects babies from toxins;

It may increase excretion and reduce absorption of toxins (dioxin) by the moms from the environment. A study done on mice found that the excretion of a toxin called polychlorinated dibenzo-p-dioxin increased while the liver accumulation diminished while being fed chlorella.

It reduces the transfer of existing toxins from mother to baby. Pregnant Japanese women with prior exposure to dioxins, furans, and dioxin-like PCBs, were given Chlorella supplements 2000 mg three times a day after meals, during their second and third trimesters. *The level of all poisons studied was reduced (25-30% compared to controls) in maternal blood, cord blood, and breast milk.*

It reduces the transfer of existing toxins to breast milk while increasing transfer of maternal immunity as Immunoglobulin A (IgA).