



Chlorella

For Healthier Moms & 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 the excretion and reduce the 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 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 the transfer of maternal immunity as Immunoglobulin A (IgA).**

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