Organic Chlorella powder
POWDER Nothing But Plants®

60 mcg of vitamin B12 per 100 g of product

<table>
<thead>
<tr>
<th>1 unit</th>
<th>3 + 1 free</th>
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<tr>
<td>25 servings / Chlorella powder 100 g</td>
<td>15,90 €</td>
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PRINCIPAL INDICATIONS:
Deficiencies (hemoglobin), Digestion (liver), Energy, Immune (strengthen the body's defense)

Brand: POWDER

Discover the exceptional properties of SUPERFOODS with the new powder range from our new brand POWDER Nothing But Plants® range!

This product range offers an innovative concept: an alternative way of consuming dietary supplements and healthier foods – in milkshakes, salads or mixed with your favourite foods.

DESCRIPTION

Chlorella (*Chlorella vulgaris* Beijerinck) is a single-cell green algae rich in antioxidants, vitamins, minerals, pigments, amino acids and fibre. It's the perfect food supplement!

The cell wall of our chlorella is broken using a technique that allows it to keep all of its nutritional properties intact, facilitating the assimilation of nutrients during digestion.

Our broken cell wall organic chlorella contains 60 mcg of vitamin B12 per 100 g of product! One 4 gram dose of our chlorella therefore provides 96% NRVs* of vitamin B12.

*NRVs: Nutrient Reference Values.

ORIGIN

Chlorella (*Chlorella vulgaris* Beijerinck) is a single-cell green algae (chlorophyta). Its green colour comes from the chlorophyll a and b it contains. To grow, it only requires only water, light, carbon dioxide and a small amount of minerals (1).
HISTORY

Chlorella has high nutritional value. Its properties are so well known that in the last century, during his space mission the astronaut Yuri Viktorovich Romanenko conducted experiments with chlorella algae in order to use it as food on lengthy space missions (1).

Chlorella is now consumed as a food supplement and also has numerous technical applications such as water purification and biodiesel production.

COMPOSITION

Chlorella contains a wide range of nutrients, including carotenoids, minerals, vitamins, chlorophyll and long chain polyunsaturated fatty acids. It also contains phytochelatins, molecules able to bind to heavy metals (2) and which give chlorella its detoxifying properties.

Chlorella contains vitamin B12, an essential vitamin for numerous metabolic processes. One study examining its bioavailability concluded that the form of vitamin B12 present in chlorella is physiologically active, which means it offers an alternative natural source of this vitamin for vegans and vegetarians (3).

- OUR PRODUCT
  - Product Name: Chlorella algae powder (from organic aquaculture)
  - Scientific name: Chlorella vulgaris Beijerinck
  - Part used: Algae (broken cell wall)

BENEFITS

Chlorella has high nutritional value. It is rich in vitamins, minerals, fibre and amino acids (2). Its antioxidant (4) and immunostimulant properties (1-2) and detoxifying action (1) is well documented, and it is also effective for dyslipidemia (change in blood lipid levels) and high blood pressure (5).

USE, DIRECTIONS

We recommend mixing 4 g of chlorella powder with water, juice, shakes or milk. Chlorella powder can also be sprinkled on meals and salads.

STUDIES

The antioxidant properties of chlorella have been proven in various studies. In one study in which chlorella extract was administrated to 38 smokers for a period of 6 weeks concluded that consuming chlorella improved antioxidant status and reduced lipid peroxidation in chronic smokers (4). A pilot study (6) also observed an improvement in physical and cognitive symptoms in patients with depression and anxiety when administration of antidepressants was combined with Chlorella vulgaris extract. This improvement was also associated with chlorella's antioxidant capacity.

Finally, chlorella also has heart-healthy and hepatoprotective properties. One study found that consuming chlorella helped to reduce hardening of the arteries in young people (7), and that consuming it as an adjuvant improved transaminase, triglyceride and glucose levels in patients with non-alcoholic fatty liver disease (5, 8).

BIBLIOGRAPHY

3. Merchant et al. (2015) Nutritional supplementation with Chlorella pyrenoidosa lowers serum methylmalonic acid in


**Health claims accepted by the following organisations:**

Vitamin B12 contributes to the normal function of the immune system.

Vitamin B12 contributes to the reduction of tiredness and fatigue.

Vitamin B12 contributes to normal red blood cell formation.

**Composition**

**INGREDIENTS:**
Per daily dose: 4 g chlorella algae powder (from organic aquaculture) (*Chlorella vulgaris* Beijerinck).

**ALLERGENS:**
This product does not contain allergens (in accordance with Regulation (EU) No 1169/2011) nor genetically modified organisms.

**FABRICATION AND GUARANTEE:**
This food supplement is manufactured by a GMP-compliant laboratory (GMPs are the good manufacturing practice guidelines for the European pharmaceutical industry). Their active principle content is guaranteed through regular tests, which can be viewed online.

**Use**

**DIRECTIONS:**
1 serving (4 g) per day. Mix 4 g (1 measuring spoon) with water, juice, smoothies or milk. Chlorella powder can also be used on meals and salads.

**WARNINGS:**
Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

**ADVICES:**
Does not replace a varied and balanced diet and a healthy lifestyle. If you are undergoing medical treatment, seek your therapist's advice. For adult use only. Keep out of reach of young children.

**STORAGE INSTRUCTIONS:**
Store in a cool dry place away from sunlight.