# Chlorophyll Complex Contains Vitamin K and Chlorophyll Found in Alfalfa and Other Green Foods

Chlorophyll is a substance found in virtually all photosynthetic organisms, mainly green plants. Chlorophyll is remarkably similar in structure to hemoglobin, the oxygen-carrying pigment found in the red blood cells of mammals and other vertebrates. The chlorophyll in this product primarily comes from alfalfa, which, like other green leaves, contains vitamin K. Until recently, vitamin K was considered a lessimportant vitamin because it was assumed that bacteria in the gut could synthesize all the vitamin K required. As vitamin K is involved with blood clotting, excessive bleeding was thought to be the only result of deficiency.†

# How Chlorophyll Complex Keeps You Healthy

#### Vitamin K maintains bone health

It has been discovered that vitamin K is of prime importance in maintaining bone density, especially in postmenopausal women.†

## Chlorophyll in alfalfa may maintain kidney health

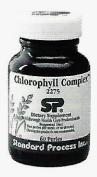
Chlorophyll, the substance responsible for photosynthesis and the green color of alfalfa, may be useful in helping to maintain kidney health. Chlorophyll salts do this by dissolving calcium oxalate.†

## Alfalfa contains saponins which help support the cardiovascular and immune systems

Both the fiber and saponins found in alfalfa may help maintain normal cholesterol levels in individuals with healthy cholesterol levels. Saponins found in alfalfa help maintain normal immune response.†

## Alfalfa contains phytoestrogens which are believed to help maintain a normal estrogen level

Alfalfa also contains genistein and coumestrol, plant phytoestrogens that have estrogen-like effects in humans. These are believed to be beneficial because they mute various effects of excess estrogen. At the same time, they are thought to provide a source of natural estrogen to women during and after menopause, reducing estrogendeficiency symptoms.†



Introduced in: 1948

Content:

60 Perles - 2275 240 Perles - 2325

#### **Supplement Facts:**

Serving Size: 2 perles Servings per Container: 30 or 120

%DV Calories Vitamin A 335 IU (as Beta Carotene)



# Chlorophyll Complex<sup>T</sup>

## What Makes Chlorophyll Complex Unique

## **Unique Product Attributes**

This is a vegetarian product

#### Ingredients are derived from whole-food sources

- · Provides vitamins A and K and chlorophyll
- · Fat-soluble chlorophyll contains vitamins A, E, F, and K

#### Packaged in perles, not sold in bulk

· Protects against oxidation and retains the nutritional value

## Certified Organic Farming

A healthy ecosystem is created by using organic farming techniques, such as rotating crops, fertilizing the soil with nutrient-rich cover crops and by-products from our processing, practicing strict weed control standards, and continually monitoring the health of our plants

- · Assures the soil is laden with minerals and nutrients
- Ensures plants are nutritionally complete and free from synthetic pesticides

#### **Unique Processing**

Upon harvesting, nutrient-rich plants are immediately washed and promptly processed

Preserves nutritional integrity

#### Exclusive low-temperature, high-vacuum drying technique

· Preserves the enzymatic vitality and nutritional potential of ingredients

#### Not disassociated into isolated components

• The nutrients in Chlorophyll Complex are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories constantly conduct bacterial and analytical tests on raw materials, product batches, and finished products

• Ensures consistent quality and safety

## Vitamin and mineral analyses validate product content and specifications

· Assures high-quality essential nutrients are delivered

#### Whole Food Philosophy

Dr. Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature-in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists-known and unknown-bioactivity is markedly enhanced over synthetic nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to a synthetic or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Proprietary Blend: Fat soluble extract (from sesame seed, alfalfa, Tillandsia usneoides, buckwheat, pea (vine), and carrot) and soybean

Other Ingredients: Gelatin, glycerin, water and

Special Information: Chewing this product is

Suggested Use: Two perles per meal, or as

Sold to health care professionals.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Chlorophyll

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