



## Sun Chlorella Kicks Protein Up A Notch

*\*Celebrate Vegetarian Awareness Month in October with Sun Chlorella\**

**Torrance, CA, August 30, 2011-**

Vegetarianism encompasses the practice of following plant-based diets, eating fruits, vegetables, and whole grains. Some Ovo-lacto Vegetarians include dairy products and / or eggs into their diets others, such as pure Vegans, abstain from all forms of animal products. There are obvious health benefits for those practicing vegetarianism and taking Sun Chlorella daily can add a nutritious plant based protein unlike any other.

Large-scale studies have shown that mortality from ischaemic heart disease is 30% lower among vegetarian men and 20% lower among vegetarian women than in non-vegetarians. Necessary nutrients, proteins, and amino acids for the body's sustenance can be found in vegetables, grains, nuts, soymilk, eggs and dairy. Vegetarian diets offer lower levels of saturated fat, cholesterol and animal protein, and higher levels of carbohydrates, fiber, magnesium, potassium, folate, and antioxidants such as vitamins C and E and phytochemicals.

Protein intake in vegetarian diets is only slightly lower than in meat diets and studies at Harvard University as well as other studies conducted in the United States, United Kingdom, Canada, Australia, New Zealand and various European countries, confirm that vegetarian diets provide sufficient protein intake *as long as a variety of plant sources are available and consumed.*

Sun Chlorella is a [whole food](#) derived from a lineage of pure green algae that has existed naturally on earth for thousands of years. As Mother Earth's own Superfood, the powerful combination of nutrients works naturally with your body to nurture your health from within. Sun Chlorella contains key vitamins and antioxidants and 18 essential amino acids all



Sun Chlorella A Tablets



Sun Chlorella A Tablets



Sun Chlorella Granules



Sun Chlorella Granules

proven to contribute to a [healthy digestive system](#) while energizing and reinvigorating the body. Sun Chlorella is packed with protein to help the body support and nurture damaged tissues. Ounce-for-ounce, chlorella has more protein than steak or soy, so Vegans looking to add a boost of protein to their diets will benefit by incorporating a daily dose of Sun Chlorella. Additionally, Vegans may need to supplement their diet with Omega 3's and Omega 6 fatty acids ~ these occur naturally in fish oil but are incompatible in pure Vegan diets. Sun Chlorella tablets and granules provide these necessary Omega 3's and Omega 6 fatty acids in the pure vegetarian algae.

Sun Chlorella has manufactured their products in such a way as to make it easy for people to incorporate the nutrient rich superfood into their diets; perfect for vegetarians. One of the most unique ways of doing so is adding the [Sun Chlorella granules](#) into the daily intake of food and drinks. The granules are filled with vital nutrients, are rich in protein, and may be used in foods such as pasta sauces and soy ice cream and soups. The granules are perfect for vegans-on-the-go as they can easily be incorporated into any beverage, or a smoothie for that added bit of protein.

In addition to the granules are the Sun Chlorella tablets that contain high concentrations of vitamins, minerals, dietary fiber, nucleic acids, amino acids, enzymes, and protein. In fact, one serving of Sun Chlorella is equivalent to one serving of fresh green vegetables (without the pesticides)! Regular consumption of Sun Chlorella is not only beneficial to overall health but more importantly it is easy to incorporated into any diet.

It should come as no surprise then that Sun Chlorella and vegetarianism are perfectly suited for each other. And Sun Chlorella, with its [Dyno@-Mill](#) process, proprietary patented technology which pulverizes the cell wall of chlorella, making a dramatic improvement in its digestibility is a real boost for Raw Food Vegans. With its cell wall pulverization technology -an ideal physical method in accordance with natural law, not using any chemicals, enzymes, or heat- is the perfect source of protein for those Vegans who choose to eat only uncooked or raw foods.

Another key component used in all of Sun Chlorella's products is the [Chlorella Growth Factor \(CGF\)](#) -a nucleotide-peptide complex of substances produced by chlorella during the intense photosynthesis process that enables chlorella to grow so rapidly. In fact, it actually gives the chlorella cell the ability to quadruple itself every 20 to 24 hours. This natural CGF may help to enhance your body's natural defense system activity, help to remove the multitude of impurities in your body, and renew cellular strength and integrity.

Sun Chlorella is Nature's most complete Superfood because it has the widest range of nutrients available from any single food source.

While Vegetarianism may be adopted for different reasons there's no good reason not to adopt a sensible and nutritious diet plan that includes a complex protein which you can find with Sun Chlorella.

For more information about Sun Chlorella USA, please visit: [www.sunchlorellausa.com](http://www.sunchlorellausa.com)

To purchase Sun Chlorella tablets or granules or order online:

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