

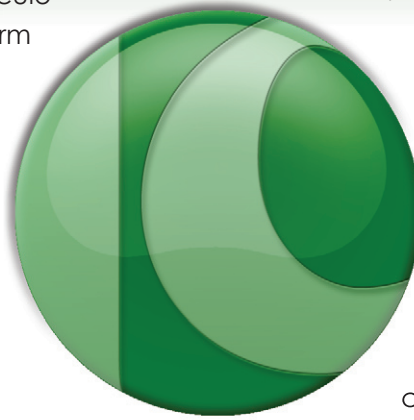
LIQUID CHLOROPHYLL

Chlorophyll

CHLOROPHYLL

Shedding Light on Chlorophyll

Chlorophyll is a photoreceptor, a molecule that traps energy from the sun in the form of light. Found in the chloroplasts of green plants, chlorophyll gives plants their green color. It absorbs sunlight and uses its energy to synthesize carbohydrates from carbon dioxide and water, producing the oxygen that we breathe as a natural by-product of the chemical reaction. This process, known as photosynthesis, is the basis for sustaining the life processes of all plants. And as animals and humans obtain their food supply by eating plants, it can be said that photosynthesis is the source of our life as well.



The Structure of Chlorophyll

The functions of chlorophyll were discovered in 1913 by Dr. Richard Willstatter, a German chemist. He found that the chlorophyll molecule bears a striking resemblance to hemoglobin, the red pigment in human blood. Except for the central atom of the molecule, chlorophyll has an amazingly similar atomic structure. The central atom of hemoglobin is iron; whereas, the centerpiece of a chlorophyll molecule is a single atom of magnesium. Due to this similarity, chlorophyll provides most of the raw ingredients required to make healthy, vibrant red blood cells in the human body.

The Health Benefits of Chlorophyll

Chlorophyll is absolutely necessary for the health of plants, but it is also extremely beneficial to the human body. Chlorophyll is a rich source of magnesium, an essential mineral required for a variety of functions, including maintaining healthy bones, ensuring proper energy levels, supporting the body's immune response and promoting

circulatory health. It offers detoxifying and deodorizing properties as well. One of the principal benefits of chlorophyll is its ability to balance the body's pH levels.

Benefits of pH Balancing

pH is a measure of the acidity or alkalinity of the body's fluids. When the body is either too acidic or too alkaline, body systems suffer and fail to function properly. Much of the meat, carbonated beverages and processed or packaged foods we consume with regularity act to acidify the body, creating an environment that easily leads to unfavorable health concerns, including low energy, joint discomfort, reduced immunity and rapid digestion. Also, when too acidic, the body may borrow some minerals—calcium, sodium, potassium and magnesium—from vital organs and bones to buffer the acidity. This may lead to weakened bone health, which can subsequently pose risks for the structural system. Enzyme activity, hormone balance, weight management and other bodily functions depend on the body to maintain ideal pH balance. Adding Liquid Chlorophyll and other alkalizing foods to the diet can help balance an acidic environment.

Chlorophyll benefits more than just plants.

This phenomenal substance promotes the health of myriad body systems and helps maintain a balanced pH level in the body. Nature's Sunshine's Liquid Chlorophyll offers the power of the sun to keep you feeling healthy and full of energy.

NATURE'S SUNSHINE[®]
Habit of Health