

## How Does Chlorophyll affect my Health?

Chlorophyll is both food and healer. As a source of health, it has no equal. Bernard Jensen created a list summarizing its major benefits<sup>1</sup>:

- Builds a high blood count.
- Provides iron to organs.
- Counteracts toxins.
- Improves anemic conditions.
- Cleans & deodorizes bowel tissue.
- Helps purify the liver.
- Aids hepatitis improvement.
- Improves blood sugar problems (diabetics).
- Aids asthma improvements.
- Benefits inflamed tonsils.
- Soothes painful hemorrhoids and piles.
- Revitalizes vascular system in the legs.
- Reduces inflammation pain.
- Improves milk production.
- Helps sores heal faster.
- Eliminates body odours.
- Resists bacterial infections in wounds.
- Cleans tooth and gum structures.
- Improves nasal functioning.
- Relieves sore throat.
- Makes an excellent throat gargle.
- Soothes ulcerous tissue.
- Improves varicose veins.



## Ingredients

Pure-Ie Natural Chlorophyll is available in two super concentrated liquids (135mg of chlorophyll per tablespoon). Our liquids are certified Kosher and Parve and are available in delicious natural spearmint flavour and unflavoured forms.

Unflavoured Liquid Concentrate Ingredients  
Chlorophyll concentrate from English Alfalfa (*Medicago sativa*) and triple filtered water.  
Potassium Salt (0.1%) is added as a natural, safe preservative.

Flavoured Liquid Concentrate Ingredients  
Chlorophyll concentrate from English Alfalfa (*Medicago sativa*), triple filtered water, and spearmint essential oil (*Mentha viridis*).  
Potassium Salt (0.1%) is added as a natural, safe preservative.

## Complementary Therapies

[Health 4 All MegaOmega Organic Sprouted Flax](http://www.Health4allproducts.com) ([www.Health4allproducts.com](http://www.Health4allproducts.com)) is your best source of lignans, Omega-3 essential fatty acids, and complete vegetarian protein. Aim for at least 2 servings each day.

[Fiberrific](http://www.Fiberrific.com) ([www.Fiberrific.com](http://www.Fiberrific.com)) is the easy to take all-natural high fiber supplement. Adding Fiberrific to your diet (you can mix it in your chlorophyll) can help your health in numerous ways. Aim for at least 2 servings each day.

- 1 Martindale, W.; *The Extra Pharmacopoeia*, 26th Edition.
- 2 Holly, C., D.N.; *Chlorophyll for Energy, Alive*, #142.
- 3 Doerksen, D., *The Green Revolution, Alive*, #146.
- 4 Kirschner, H.E. M.D.; *Nature's Healing Grasses*.
- 5 *Ibid.*
- 6 *Ibid.*
- 7 *Ibid.*
- 8 Jensen, B., *The Healing Power of Chlorophyll*.
- 9 *Ibid.*



545 Welham Road

Barrie, Ontario, L4N 8Z6

Phone 705.733.2006 Fax 705.733.2391

[www.PureIeNatural.com](http://www.PureIeNatural.com) [info@PureIeNatural.com](mailto:info@PureIeNatural.com)

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# Pure-Ie Natural Chlorophyll



Nature's  
Green Miracle

[www.PureIeNatural.com](http://www.PureIeNatural.com)

## Frequently Asked Chlorophyll Questions

**Q** What is Pure-le Natural s Chlorophyll made from?

**A** The World s finest Alfalfa. Pure-le Natural chlorophyll products are made from chlorophyll concentrate gently extracted from English Alfalfa (*medicago sativa*) grown in Japan without the use of fertilizers, pesticides or herbicides. We use specifically English Alfalfa due to its exceptionally high chlorophyll content.

**Q** What is the concentration of Pure-le Natural Chlorophyll?

**A** 135 mg per serving. No matter which Pure-le Natural Chlorophyll product you choose (flavoured liquid concentrate, or unflavoured liquid concentrate) the concentration is 135mg of pure chlorophyll per serving. This is one of the highest concentration levels available anywhere, equivalent to over 16 servings of Barley Grass.

**Q** How do I take Pure-le Natural Chlorophyll?

**A** It depends on you. Most people prefer taking Pure-le Natural Chlorophyll in their water. Simply add approximately 1 tablespoon of liquid chlorophyll to your water bottle, shake and enjoy. Your potent Chlorophyll Super Water will help to boost your workout as well as alleviate the mid-afternoon low energy times.

**Q** Do you preserve Pure-le Natural Chlorophyll Liquid Concentrate?

**A** Yes, naturally! Since chlorophyll is quite rich in naturally occurring nutrients, all liquid chlorophyll products require preservation. Often manufacturers will chose to omit the preservative they use from the product label, in an effort to maintain their claims of natural .

At Pure-le Natural we are proud of all the ingredients we use, including preservatives. As such, we declare not only the preservative on our labels, but also the amount we use. Our Chlorophyll liquids use 0.1% natural potassium (from blueberries). We found this to be the safest and best natural preservative for Pure-le Natural Chlorophyll liquids.

## The Power of Life

Required for life as we know it to exist, chlorophyll is the deep, dark green pigment found in plants. In a process called photosynthesis, chlorophyll converts light energy from the sun into chemical energy, while releasing oxygen into the atmosphere. The energy is then stored in the plant as carbohydrates and used by animals and humans when eaten. This is the means by which energy enters the food chain.

For many years the primary use of chlorophyll was as a colouring agent. Its rich green colour enhances many products from soap to candy, and has also been used as an internal deodorant and mouth-wash.<sup>1</sup>

Recently its use as a supplement has undergone investigation. It was found that "Chlorophyll is a natural source of highly absorbable magnesium and several trace elements."<sup>2</sup>

Chlorophyll is often referred to as "green blood" and "oxygenated sunshine." These nicknames refer to chlorophyll's similarity in make-up to human blood and its high oxygen level.<sup>3</sup> Chlorophyll is remarkably similar to hemoglobin, the red pigment in our blood. The difference is that hemoglobin is composed of a protein complex surrounding a single iron atom, in chlorophyll a similar complex surrounds a single magnesium atom.<sup>4</sup>

The discovery of this similarity led doctors in Germany to use chlorophyll in cases of anemia, with very promising results. Research performed at Temple University in Philadelphia around the same time found "The green solution (chlorophyll) seemed to thicken and strengthen the walls of cells in living animals". That finding logically led them to ask, "Might not chlorophyll be useful in helping the body combat bacterial invaders?"<sup>5</sup>

Further research into chlorophyll's antiseptic qualities led to a startling discovery; chlorophyll had no antiseptic properties of its own. Chlorophyll does, however, have the ability to aid animal tissue in combating and killing germs. By strengthening

the tissue chlorophyll increases the disease resistance of cells and, at the same time, inhibits the growth of bacteria.<sup>6</sup>

Chlorophyll's action as a healer is nothing short of remarkable. Time after time it has proven itself to be gentle to the body while it is devastating to infections. Chlorophyll has been observed to combat deep-lying infections, cleanse open wounds, relieve chronic sinus conditions, and exile common colds.<sup>7</sup>

Chlorophyll is able to help the body because of its great mineral content. It is high in organic iron, potassium, magnesium, and copper. The iron in chlorophyll attracts oxygen, which aids in the treatment of anemia and rejuvenates the thyroid. Potassium plays a key role in good heart health while helping the body build and maintain muscle. Copper helps build the bloodstream and is vital for overall health. These minerals are naturally sourced within chlorophyll, allowing them to be readily absorbed by the body.

## Contraindications

Pure-le Natural Chlorophyll is safe for use both internally and externally. Chlorophyll is considered safe and non-toxic. There are no known contraindications.

