

liquid chlorophyll

What is liquid Chlorophyll?

Chlorophyll, the green matter in plants, is found abundantly in nature. Through the chemical process called photosynthesis, chlorophyll harnesses the sun's energy in order to perform various metabolic functions. Simply, this is how it works. Plants absorb sunlight and, with that energy, chlorophyll changes water and carbon dioxide absorbed from air into sugar. Then with minerals absorbed from the earth, the plant is able to make vitamins, fats, proteins and starches that it needs in order to survive. Animals, including humans, and non green plants such as mushrooms rely upon the food-producing capabilities of chlorophyll to also survive.



In natural health care, chlorophyll is mainly used in its liquid form. Green plants, especially alfalfa leaves, are used in laboratory processes to extract their chlorophyll content. Copper and sodium atoms replace the magnesium atom in chlorophyll so that it is made into a stable, water-soluble liquid.

When ingested in this liquid form, chlorophyll remains unchanged until it reaches the small intestine. Of course, chlorophyll can be obtained by eating plenty of fresh green plants, especially those that are a deep green colour.

Did you know?

- Liquid chlorophyll has been found to be non-toxic, soothing to body tissues and safe for use by all people of all ages
- By adding 1 teaspoon in a glass of water 3 times daily, liquid chlorophyll will act as nutritional aid for the body
- It can be used to clean fruits and vegetables when a few drops are added to water
- Chlorophyll may assist in neutralising body odours and act as a natural internal deodorant
- It can be used as a mouth gargle to relieve minor inflammation on the throat
- Liquid chlorophyll is flavoured with natural mint oils to give you that fresh taste in your mouth

Reference: www.nsp.com.au

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