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Isolated Vitamin Supplements Less Effective than Whole Foods

May 1, 2008, Torrance, CA - Disappointing vitamin studies add to the growing belief that science needs to focus on "food synergy" - the idea that health benefits from certain foods do not come from a single nutrient, but a combination of compounds working together.

A study published by the American Journal of Clinical Nutrition supports the theory. Researchers found that "Risk appears to be lower with consumption of whole grain than of refined grain; that is, benefit accrues when all edible parts of the grain are included (bran, germ, and endosperm)."

According to Dr. David R. Jacobs, University of Minnesota professor of epidemiology, food synergy, rather than the biological activity of a few key nutrients, is the real reason that certain diets, like the Mediterranean and Japanese diets, appear to lower health risks. The current focus on total fat, carbohydrates, protein and specific vitamins needs to change.

Whole food supplements, like chlorella, a fresh water, green alga, naturally contain a full range of nutrients that work synergistically for optimum benefits. Referred to as a "superfood", Chlorella pyrenoidosa contains more protein and chlorophyll (potent antioxidants) than other plants; is high in vitamins, minerals, dietary fiber, and nucleic acids; and, the protein in pyrenoidosa includes all the essential amino acids.

Make sure you look for chlorella that is pulverized (through DYNO®-Mill) for optimal digestion and absorption.

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