HEALTH News immediate release

Study Shows Mothers Who Take Chlorella Boost Babies' Antibodies During Breast Feeding

A Japanese study found women who took Chlorella *pyrenoidosa* supplements during pregnancy had significantly higher IgA antibody concentrations in their breast milk.[1] The higher levels of IgA resulted in a reduced risk of infection in nursing infants.

The study, published in the Journal of Medicinal Food (March 1, 2007, Volume 10, Number 1), analyzed the breast milk in 35 Japanese women. Eighteen of the 35 study participants took Chlorella *pyrenoidosa* supplements during their pregnancy. Results suggest that Chlorella supplementation may be beneficial for nursing infants because it increases IgA antibody levels in the mother's breast milk.

Antibodies (also called Immunoglobulins) are made by the body's immune system in an attempt to protect it from harmful substances such as bacteria, viruses, fungus, or animal dander. The antibodies work by attaching to these substances so that the immune system can destroy them.[2]

There are five major types of antibodies: IgA, IgG, IgM, IgE, and IgD. All are found in breast milk. IgA antibodies protect body surfaces that are exposed to outside foreign substances. They are found primarily in the nose, breathing passages, digestive tract, ears, eyes, vagina, saliva and tears. This makes IgA particularly important for babies who are always putting things in their mouths.

Chlorella *pyrenoidosa* is a fresh water, green alga. It 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.

References:

1Shiro Nakano, Hideo Takekoshi, Masuo Nakano, Chlorella (Chlorella pyrenoidosa) Supplementation Decreases Dioxin and Increases Immunoglobulin A Concentrations in Breast Milk, Journal of Medicinal Food, March 1, 2007, 10(1): 134-142. doi:10.1089/jmf.2006.023.

2Jan Nissl, RN, BS, Immunoglobulins, WebMd, September 28, 2006. http://www.webmd.com/a-to-z-guides/immunoglobulins?print=true

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