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Health beneficial effects and the utilization of *Chlorella*

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Natural “whole food”-*Chlorella* is a unicellular freshwater green microalgae which contains large quantities of proteins (~60%), nucleic acid (~4%), chlorophyll (~2.5%) and vitamins (vitamin A, B-12, D), minerals, dietary fiber, essential amino acids and high levels of carotenoids such as β -carotene and lutein. It has been a popular dietary supplement worldwide, especially in Japan, Taiwan and Korea. Many researchers suggest that daily dietary supplementation with *Chlorella* may produce hypoglycemic effects, reduce high blood pressure, lower serum cholesterol levels, reduces dioxin levels in breast milk and enhance immune functions. It has a lot of benefits for human health. Now *Chlorella* has been used in food such as noodle, cake, wafer etc. and *chlorella* water extract CGF (Chlorella Growth Factor) also be added to facial mask and cosmetic.

Biography

Jian Kai Tzeng has completed his Master degree from the National Taiwan University School of Pharmacy. He is the Pharmacist of Taiwan Chlorella Manufacturing Company, the first Chlorella manufacturer in Taiwan. He has managed customer service and provided product information for chlorella consumer more than 10 years.

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