

(Review from Nutrients) 2019 Impact factor:4.546

Potential of Chlorella as a Dietary Supplement to Promote Human Health

Chlorella is a green unicellular alga that is commercially produced and distributed worldwide as a dietary supplement. Chlorella products contain numerous nutrients and vitamins, including D and B12, that are absent in plant-derived food sources. Chlorella contains larger amounts of folate and iron than other plant-derived foods. Chlorella supplementation to mammals, including humans, has been reported to exhibit various pharmacological activities, including immunomodulatory, antioxidant, antidiabetic, antihypertensive, and antihyperlipidemic activities.

Meta-analysis on the effects of Chlorella supplementation on cardiovascular risk factors have suggested that it improves total cholesterol levels, low-density lipoprotein cholesterol levels, systolic blood pressure, diastolic blood pressure, and fasting blood glucose levels but not triglycerides and high-density lipoprotein cholesterol levels. These beneficial effects of Chlorella might be due to synergism between multiple nutrient and antioxidant compounds. However, information regarding the bioactive compounds in Chlorella is limited.

★ [Nutrients | Free Full-Text is free to access here](#)

Tomohiro Bito 1 , Eri Okumura 2 , Masaki Fujishima 2 and Fumio Watanabe 1,*

1 Department of Agricultural, Life and Environmental Sciences, Faculty of Agriculture, Tottori University,

Tottori 680-8553, Japan; bito@tottori-u.ac.jp

2 Sun Chlorella Corporation, Kyoto 600-8177, Japan; okumura@sunchlorella.co.jp (E.O.);

mfujishima@sunchlorella.co.jp (M.F.)

<https://doi.org/10.3390/nu12092524>

For further information please

★ [Contact Us](#)