

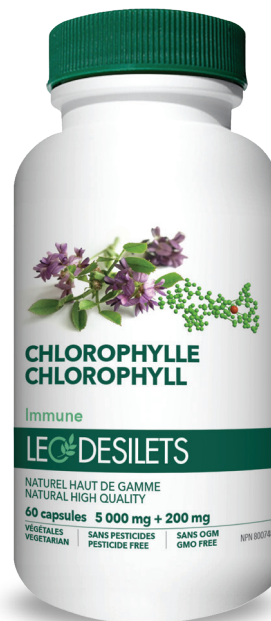
# CHLOROPHYLL

Provides antioxidants which help protect cells against damage from free radicals. Used in herbal medicine as a nutritive tonic.

**60 capsules 5 000 mg + 200 mg**

**VEGETARIAN | PESTICIDE FREE | GMO FREE**

NPN 80074858



## Chlorophyll

The chlorophyll in our capsules is an extract of *Chlorella vulgaris*, a unicellular algae that was discovered in 1890. Its wealth of nutrients quickly attracted the interest of scientists. It contains substantial quantities of lipids (polyunsaturated fatty acids), proteins, chlorophyll, carotenoids and vitamins.

Chlorophyll is a green pigment that can be found in most plants. Its name is derived from the Greek words *chloros* (green) and *phyllon* (leaf). It is used as a food colouring and as an alternative medicine. It has been studied for a range of therapeutic effects, which include stimulating the immune system, helping to fight anemia, purifying the body, cleansing the intestines, detoxifying the liver, fighting bad breath and body odour.

## Afalfa

Afalfa, or *Medicago sativa* L., is a plant originally from Central Asia, where it was widely cultivated by Arabs for animal feed, particularly by horse breeders. Today, alfalfa is grown worldwide; in North America, in particular, it is cultivated to provide quality feed for livestock. Alfalfa is one of the legumes with the highest protein content (over 25%).

Traditionally, alfalfa was also grown for its melliferous (honey yielding) and medicinal properties. Some sources refer to the use of alfalfa for relieving arthritis, osteoarthritis, menstrual irregularities, diabetes and as a treatment for loss of appetite and digestive disorders. It has also been used in China and Ayurvedic medicine for its effects on digestion.

### MEDICINAL INGREDIENTS

Luzerne / Alfalfa (*Medicago sativa*,  
Sommité (herbe) / Herb Top) .....  
..... 250 mg (20:1, QBE 5 000 mg)  
Chlorophylle / Chlorophyll (*Chlorella  
vulgaris*)..... 200 mg

### NON-MEDICINAL INGREDIENTS

Cellulose, hypromellose and magnesium stearate

### RECOMMENDED DOSE

Adult: 1 capsule, twice per day.

### PRECAUTIONS AND WARNINGS

- Consult a health care practitioner before using if you are taking anticoagulants.
- Consult a health care practitioner before using if you are undergoing hormone replacement therapy (HRT) or taking contraceptives.

### CONTRAINDICATIONS

- Do not use if you have a history of systemic lupus erythematosus.
- Do not use if you are pregnant or breastfeeding.

### USDA CLASSIFICATION<sup>1</sup>

Kingdom: *Plantae*  
Division: *Magnoliophyta*  
Class: *Magnoliopsida*  
Order: *Fabales*  
Famiy: *Fabaceae/Leguminosae*  
Genus: *Medicago* L.  
Species: *Medicago sativa* L.

Today, alfalfa supplements are popular for their rich nutritional content, which includes high levels of protein, vitamins, and minerals. Alfalfa also contains antioxidant compounds, which protect cells from damage caused by free radicals, and this can prevent diseases related to aging. The antioxidant activity of alfalfa is reported to be one of the highest in the legume family, ahead of spinach. Alfalfa also contains coumestrol, a compound with an action similar to estrogen. Coumestrol can halt the loss of bone density and can promote bone remineralization. Alfalfa is therefore categorized as a phytoestrogen. Finally, alfalfa is known to contain saponins, which have beneficial effects that are only beginning to be understood. Saponins appear to act on cholesterol levels, but the scope of their activity is not yet well-defined.

Léo Désilets Maître Herboriste's Chlorophyll capsules combine chlorophyll and alfalfa, providing antioxidants and acting as a nutritive tonic.



LEO DESILETS

**Léo Désilets Master Herbalist** is an entirely Quebec owned and operated natural products firm based in Scotstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum

Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.

#### REFERENCES

- <sup>1</sup> **Medicago sativa L. alfalfa.** Available online at : <https://plants.usda.gov/core/profile?symbol=MESA> (accessed on 2017.02.02)
- <sup>2</sup> **Chlorelle, Chlorella.** Available online at <http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=chlorelle> (accessed on 17.02.2017)
- <sup>3</sup> **C. Safi et al.** *Morphology, Composition, Production, Processing and Applications of Chlorella vulgaris: A Review.* Renewable and Sustainable Energy Rev. 2014 (35): 265-278.
- <sup>4</sup> **Tout savoir sur la luzerne dans l'alimentation.** *Passeport Santé.* Available online at : [http://www.passeportsante.net/fr/Nutrition/EncyclopedieAliments/Fiche.aspx?doc=luzerne\\_nu](http://www.passeportsante.net/fr/Nutrition/EncyclopedieAliments/Fiche.aspx?doc=luzerne_nu) (accessed on 23.03.2015)
- <sup>5</sup> **Luzerne.** *Passeport Santé.* Available online at : [http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=luzerne\\_ps](http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=luzerne_ps) (accessed on 23.03.2015)

