The green color we associate with plants is due to the presence of chlorophyll, an amazing substance that makes life on planet earth possible. Chlorophyll makes it possible for plants to capture light energy from the sun to produce carbohydrates, the basic energy source for people and animals. Chlorophyll has been called the green “blood” of plants and is believed to be a tonic to help build up blood in humans and animals.

This idea comes from the similarities between the chlorophyll and hemoglobin molecules. The central structure of both is a series of carbon rings with hydrogens in the center. In chlorophyll, the center of this ring is occupied by a molecule of magnesium. In the heme structure of hemoglobin, the center is occupied by a molecule of iron. While the structures are similar, they are not identical, and there is no scientific evidence that chlorophyll aids in the production of hemoglobin.

Chlorophyll is one of the nutrients we obtain when we eat green leafy vegetables, something that just about every nutritionist on the planet will advise as being food for us. Because chlorophyll is based on magnesium, greens are a good source of this mineral, a mineral in which most people are deficient. Experts estimate that at least 70% of the population doesn’t get enough of this important mineral, which aids energy production in the mitochondria of our cells, helps the liver detoxify, aids regularity, relaxes muscle spasms and aids nerve function.

Natural chlorophyll is a fat soluble substance, which is why a person can get grass stains on their clothes. One can get this natural chlorophyll from Nature’s Sunshine in gel cap form. The Chlorophyll Capsules will act as a mild laxative and help relax muscles because of their magnesium content. However, since natural chlorophyll is not water soluble it must be altered to make liquid chlorophyll.

Liquid chlorophyll is derived from alfalfa leaves. The chlorophyll is extracted from the leaf juice and the magnesium molecule is replaced with a molecule of copper at the center. Sodium is also added to the arrangement. This substance is known as sodium copper chlorophyllin.

Let’s take a moment to dispel a couple of myths people sometimes repeat about chlorophyll besides the one that chlorophyll is directly converted to hemoglobin. First, liquid chlorophyll products are NOT a source of magnesium. However, they are a good copper supplement. Second, chlorophyll is not rich in minerals. While it’s true that alfalfa is rich in minerals, liquid chlorophyll is NOT alfalfa juice. It’s chlorophyll that has been extracted from alfalfa. So you can’t ascribe all the properties of alfalfa or even natural chlorophyll to liquid chlorophyll.

There is surprisingly little research that has been done on the properties of sodium copper chlorophyllin. However, here are some of the things that have been studied.

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Handout prepared by Tree of Light, P.O. Box 911239, St. George, UT 84791 (treelite.com). Seek appropriate professional assistance for all serious health problems.

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