Frequently Asked Questions

Nature’s Sunshine Liquid Chlorophyll

What is chlorophyll?
Chlorophyll is responsible for giving plants their green appearance and is found abundantly in nature. The green chlorophyll molecule bears a striking resemblance to haemoglobin (the red pigment in blood that carries oxygen).

Plants use chlorophyll to derive energy from sunlight through a complex series of chemical reactions (photosynthesis), and animals need the chlorophyll in plants to help digest food and absorb minerals from their diet.

What is Nature’s Sunshine Liquid Chlorophyll recommended for?
Nature’s Sunshine Liquid Chlorophyll acts as an internal “body deodoriser”. It helps to deodorise the bowel and is beneficial for sufferers of bad breath and smelly perspiration.

Can Nature’s Sunshine Liquid Chlorophyll be taken as part of a detoxification program?
Yes, see the Nature’s Sunshine 14-Day Detox Protocol for our comprehensive bowel cleanse program.

How is Nature’s Sunshine Liquid Chlorophyll made?
Chlorophyll is a fat-soluble web of atoms; carbon, hydrogen, oxygen and nitrogen that are grouped around a single atom of magnesium. To make chlorophyll water soluble, copper is used to replace the central magnesium atom. This forms the now water-soluble ‘copper-chlorophyllin’ which is then diluted with purified water and flavoured with natural spearmint oil.

Why is chlorophyll made into a water-soluble liquid?
In its natural state chlorophyll is surrounded by fatty substances (meaning that it is not water soluble) when ingested by humans this may result in only partial absorption in the small intestine. The conversion to a water-soluble form means the chlorophyll can more easily travel across the small intestine into the circulation.

Does liquid chlorophyll contain vitamin K?
Raw chlorophyll is sourced from Alfalfa or Mulberry leaves, which would naturally contain some vitamin K. However no vitamin K remains after the process of making water soluble liquid chlorophyll (copper-chlorophyllin).

Are there any preservatives used in Nature’s Sunshine Liquid Chlorophyll? Why?
Yes a small amount of food grade preservatives (methyl hydroxybenzoate and propyl hydroxybenzoate) are added to Nature’s Sunshine Liquid Chlorophyll. It is important when making a liquid product for human consumption that it contains a preservative to protect against microbial and fungal overgrowth.

How should Nature’s Sunshine Liquid Chlorophyll be stored?
It is recommended that once opened Nature’s Sunshine Liquid Chlorophyll be stored in the fridge and consumed within 90 days.

How much of Nature’s Sunshine Liquid Chlorophyll should I take each day?

The recommended daily intake is 5mL (1 teaspoonful) in a glass (250mL) of water three times daily as a nutritional aid for the body.

Should I take Nature’s Sunshine Liquid Chlorophyll at any particular time of the day?

Nature’s Sunshine Liquid Chlorophyll can be used at anytime of the day. Add 1-2 teaspoonfuls to your water bottle and sip throughout the day. Taken before meals liquid chlorophyll may also help with digestion.

What does Nature’s Sunshine Liquid chlorophyll taste like? What can I mix it with?

Nature’s Sunshine Liquid Chlorophyll has a very subtle, refreshing minty flavour. We recommend adding your liquid chlorophyll to water.

Does Nature’s Sunshine Liquid Chlorophyll interact with any other supplements or medications?

Individuals on blood thinning medication such as Warfarin should watch their INR readings, as these drugs interact with a lot of herbal supplements.

How long can I take Nature’s Sunshine Liquid Chlorophyll for?

Nature’s Sunshine Liquid Chlorophyll is safe enough to take every day as a general cleansing and nutritional aid for the body.

Is Nature’s Sunshine Liquid Chlorophyll safe for children to consume?

Children over 6 years of age may take one teaspoonful (5mL) in a glass (250mL) of water three times daily as required.

Are there any side effects associated with the consumption of Nature’s Sunshine Liquid Chlorophyll?

Nature’s Sunshine Liquid Chlorophyll is non-toxic and is considered safe for all ages. Don’t be alarmed if you notice that your bowel movements have a greenish tinge, this is just the pigment of the chlorophyll.

Is Nature’s Sunshine Liquid Chlorophyll suitable for vegetarians and vegans?

Yes, Nature’s Sunshine Liquid Chlorophyll does not contain any animal derived products.

Is Nature’s Sunshine Liquid Chlorophyll suitable for those with nutritional sensitivities?

Yes, Nature’s Sunshine Liquid Chlorophyll is free from gluten, dairy products, salt, soy, yeast, added sugar and artificial colourings.