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The phytonutrient Chlorella: Physico-nutritional potential and physiological effects

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For a long time, microalgae have occupied only a shadow position in the field of the classic medical nutritional teaching. However, things have changed to a point where the plant based phytonutrients and microalgae Chlorella in particular, have become increasingly popular for its outstanding health benefits. The scientific interest for microalgae Chlorella is important and keeps rising. The freshwater Chlorella contains almost all nutrients, essentials for healthy diet. The combination of constituents is unique. Essential amino-acids, proteins saturated, unsaturated fatty acids, peptides amino acids, polysaccharides glycoproteins, antioxidants, vitamins and minerals are contributing to Chlorella's physiological properties. Chlorella's nutrients composition is made of proteins, carbohydrates, fat, fibers, antioxidants vitamins, bioactive substances. The concentration of chlorophyll is particularly remarkable in Chlorella such is the amount of bioavailable vitamin B12. Chlorella can be used for a wide range of nutritional purposes. For a therapeutic use, only an ultrapure Chlorella should be used such as cultivation in sunlight glass-tubes photo-bioreactor, patented, multi-awarded, made in Germany, total protection from heavy metals, toxins, pollutants.

Biography

Charlotte Zoeller has completed her Medical Degree from The Goethe University Frankfurt, Germany. She is specialized in Family Medicine at the Bavarian Medical Council. She got the additional designation in Acupuncture after a Fellowship in Acupuncture at the China Beijing Acupuncture Training center WHO collaboration school.

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