



# The Practical Guide To Building Red Blood Cells

## How to Maximize Blood Oxygenation and Boost Energy Levels

### What's in ChlorOxygen® chlorophyll concentrate?

ChlorOxygen® chlorophyll concentrate is extracted from Stinging Nettle (*Urtica dioica*) leaves. In the liquid form, ChlorOxygen® is suspended in purified water and vegetable glycerine. In the softgel form, ChlorOxygen® is suspended in olive oil and beeswax. Nothing more, nothing less.

### Frequently asked questions and answers about ChlorOxygen® chlorophyll concentrate.

**Q: What makes Herbs, Etc.'s ChlorOxygen® chlorophyll concentrate such a unique product?**

**A.1:** Preservative-free. Herbs, Etc.'s unique concentration process permits ChlorOxygen® to be made with a low water content. This allows the elimination of preservatives that must be added to other chlorophyll products containing higher water levels.

2. No refrigeration required. Unlike other chlorophyll products, ChlorOxygen® does not require refrigeration once opened.

3. MOST convenient. Since ChlorOxygen® may be stored at room temperature, it can be conveniently brought to work, on vacation or easily used while traveling. Because other chlorophyll products must be refrigerated once opened, your options are limited. Additionally, ChlorOxygen® is available in convenient easy-to-swallow softgels.

4. Offers superior value. Liquid ChlorOxygen® is highly concentrated. It takes up to two 16-ounce bottles of the competition's chlorophyll to equal one of Herbs, Etc.'s one-ounce bottles. An excellent value for your money!

5. The best-tasting chlorophyll on the market. More consumers choose Herbs, Etc.'s ChlorOxygen® for its pleasant taste over other chlorophyll brands. ChlorOxygen® is available in liquid Original, which has a fresh, sweet grass taste, liquid Mint flavor, and easy-to-swallow softgels.

**Q: How much ChlorOxygen® should I take daily?**

**A:** A daily intake of 100 milligrams of ChlorOxygen® is suggested. Take 18 drops or one softgel with water

twice a day. Each 18 drops of liquid ChlorOxygen® or one ChlorOxygen® softgel delivers 50 milligrams of chlorophyll per dosage. However, a person with low hemoglobin or low red blood cell count may double the amount suggested for a period of up to two months until normal levels are attained.

**Q: Are there any known contraindications or drug interactions associated with the use of ChlorOxygen®?**

**A:** On the market for over 20 years, ChlorOxygen® has established a strong safety record. There are no known contraindications or drug interactions associated with its use.

**Q: Are there any side effects associated with taking ChlorOxygen®?**

**A:** The only known side effect associated with the use of ChlorOxygen® is the presence of dark, green stools. This is normal and stops upon discontinuing the use of the product.

**CAUTION:** ChlorOxygen® chlorophyll concentrate will permanently stain fabrics, textiles, building materials, etc.

America's #1 Best-Selling Chlorophyll\*



Contains: Sodium copper chlorophyllins (extracted from Stinging Nettle leaves) 50 mg per serving. Sodium: 4 mg per serving.

\*SPINS Data: See [www.herbsetc.com](http://www.herbsetc.com)

FOR MORE INFORMATION, CALL 1-888-433-1212 OR VISIT US AT [WWW.HERBSETC.COM](http://WWW.HERBSETC.COM)



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### ABOUT HERBS, ETC.

Since 1969, Herbs, Etc., makers of exceptional natural medicines, has been harnessing the healing power of nature to create and deliver professional strength, formula-based dietary supplements.

The Herbs, Etc. family of products features a line of: fast-acting liquid herbal softgels, professional strength liquid herbal extracts and alcohol-free liquid herbal extracts.

Daniel Gagnon, Owner of Herbs, Etc. and a Medical Herbalist since 1976, has been an early proponent of the healing properties of herbs. His focus is on creating synergistic medicinal formulations that are unique, safe and effective.



Solutions You Trust®

1340 Rufina Circle, Santa Fe, NM 87507  
(888) 433-1212 [www.herbsetc.com](http://www.herbsetc.com)

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## Is fatigue, shortness of breath and exhaustion a daily struggle for you?

Hi, I'm Daniel Gagnon, Medical Herbalist. The number one goal of my practice is to provide my clients with healthy results.

Do you have shortness of breath, fatigue, exhaustion, or the inability to walk far? You could be experiencing low blood oxygen. Low-oxygen blood levels may hinder a person's ability to enjoy life to its fullest. Increasing your blood's ability to capture and deliver additional oxygen to your tissues can make a world of difference. The dietary supplement ChlorOxygen® chlorophyll concentrate increases the production of red blood cells. It also boosts their ability to capture and transport oxygen.

### What is chlorophyll and hemoglobin? What are their functions?

Chlorophyll is a plant molecule that harnesses the energy of the sun. It is the pigment that gives plant leaves their green color. It is intimately involved with photosynthesis, the planet's unique source of oxygen. Using sunlight, water and carbon dioxide, chlorophyll initiates the process of oxygen production. Hemoglobin, a component of red blood cells, carries oxygen from the lungs to the tissues and carbon dioxide from the tissues to the lungs.

Chlorophyll and hemoglobin structures are almost identical. Since hemoglobin and chlorophyll are so intimately involved with oxygen, chlorophyll has been called the blood of plants. Remarkably, when taking ChlorOxygen®, the human body uses this substance to synthesize hemoglobin and to replenish its supply of red blood cells.

### ChlorOxygen® chlorophyll concentrate builds red blood cells.

How much hemoglobin each red blood cell contains determines the oxygen-carrying capacity of blood.

When a person has low levels of hemoglobin within their red blood cells or has a low red blood cell count, a lack of blood oxygen occurs. ChlorOxygen® provides the building blocks needed to produce additional hemoglobin and ultimately restore healthy red blood cell levels. ChlorOxygen® is best taken with a source of iron. Excellent iron sources include blackstrap molasses, dried fruits such as cherries, raisins or figs, and iron supplements. Within a week of combining ChlorOxygen® with an iron regimen, hemoglobin and red blood cell production increases noticeably. Optimal levels are typically attained within two months.

### Immediately after taking ChlorOxygen® the amount of oxygen available to cells increases dramatically.

As red blood cells make their way through lung capillaries, hemoglobin grabs and holds onto oxygen. Taking ChlorOxygen® increases energy levels because it enhances the ability of hemoglobin to bond to oxygen in the lungs and distribute it throughout the body.

### ChlorOxygen® is helpful in high altitude situations.

Individuals coming from sea level to higher altitudes often complain of shortness of breath, fatigue, sleep problems, and headaches. This occurs because individuals living at low elevations have less hemoglobin than high-altitude dwellers. Thus, they have a lower oxygen-carrying capacity. ChlorOxygen® is helpful in situations such as mountain hiking, skiing, or when visiting areas where the final destination is significantly higher than the traveler's departure point.



Stinging Nettle

To facilitate acclimation to the new altitude, take ChlorOxygen® two weeks prior to departure and during the time spent at that elevation. For extended stays at high altitudes, continue this regimen for up to two months.

### ChlorOxygen® comes to the aid of pregnancy.

Pregnant women who desire a home birth must maintain a minimum hematocrit level of 36%. Hematocrit is defined as the volume of red blood cells (erythrocytes) packed by centrifugation in a specific quantity of blood. If the hematocrit level falls below 36%, midwives and medical doctors generally require a hospital birth. Many pregnant women report that within a week or two of taking ChlorOxygen® as well as a dietary source of iron, they experience a surge in their hematocrit levels. With normalized hematocrit levels, midwives and doctors may reconsider doing a home birth.

### ChlorOxygen® acts as an intestinal deodorizer.

People with intestinal gas as well as individuals with colostomies (removal of part of the colon) use ChlorOxygen® as an herbal aid to control and minimize intestinal odors. Many health practitioners suggest that their clients omit sulfur-containing foods such as cabbage, onions, garlic, brussels sprouts, and eggs from their diet. This may present a problem since it deprives individuals of much-needed nutrients and takes away foods they enjoy. Taking ChlorOxygen® and probiotics (such as acidophilus) on a regular basis keeps this disturbing problem at bay.

### ChlorOxygen® offers liver protection.

ChlorOxygen® protects the body by inhibiting specific toxins that may damage the functional cells of the liver. It does so by preventing the absorption of toxins by binding with these negative molecules and enhancing their elimination through the fecal route. This is the method by which ChlorOxygen® supports and protects a healthy liver.

## ChlorOxygen® Chlorophyll Concentrate Satisfies Your Body's Hunger For Oxygen.

