



Satisfy Your Body's Hunger for Oxygen

The Practical Guide to Building Better Blood



What's the simple solution for low energy, fatigue, or exhaustion?

In my practice as a clinical herbalist and nutritionist, my clients frequently say to me, "I feel exhausted all the time" and "I want to have more energy." Although the people who struggle with fatigue and similar issues are very different, they often have one thing in common: They need to build better blood. That's where ChlorOxygen® chlorophyll concentrate comes in.

Why would chlorophyll, the brilliantly green pigment in plants, help these clients? How does it help build better blood and ultimately combat fatigue? Answers to these questions are explained by chlorophyll's dynamic influence on your vitally important relationship with oxygen.

A magnet for oxygen

Chlorophyll triggers hemoglobin (the critical component of red blood cells) to develop a voracious appetite for oxygen. When blood travels through the lungs, this chlorophyll-activated hemoglobin acts as a powerful magnet for the oxygen you inhale with each breath. As oxygen-rich blood travels through the tiny blood vessels in your tissues, hemoglobin loosens its grip on oxygen and surrenders it wherever it's needed. Every cell in your body becomes saturated with the oxygen it craves, and your energy surges.

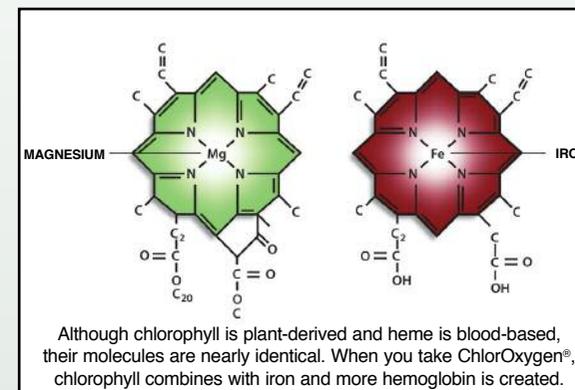
ChlorOxygen® boosts your hemoglobin

The structure of chlorophyll is nearly identical to that of heme (the iron-bearing portion of hemoglobin), but chlorophyll has magnesium in its center, whereas iron is in the middle of the heme molecule. When you take chlorophyll it combines with other available iron in your body, and, presto! you've just made more hemoglobin. ChlorOxygen® provides the building blocks necessary to produce sufficient hemoglobin and to restore healthy numbers of red blood cells. With an optimal hemoglobin level, each red blood cell is literally packed with these mighty transporters of oxygen.

Within each cell are miniature energy generators called mitochondria that require oxygen as their fuel. When you build better blood, more oxygen is delivered to these power plants. They produce more energy and in no time, you're firing on all cylinders.

Different people, same solution

To illustrate how I approach fatigue and exhaustion in my practice, here are five very different clients for whom ChlorOxygen® chlorophyll concentrate worked effectively.



Ample energy, all day long

Sarah works as a full-time manager. She visited me because her fluctuating energy interfered with productivity on the job. Since adolescence, she has been slightly anemic. Whenever she felt fatigued, she turned to sodas, pastries, coffee, and caffeinated "energy drinks." I emphasized how sweets and caffeine actually *deplete* energy reserves. For her mid-morning break, I suggested Sarah take ChlorOxygen® along with a snack such as nuts and seeds, a hard-boiled egg, or hummus and vegetables. I advised her to eat iron-rich foods each day. (See sidebar, back of brochure)

When Sarah took ChlorOxygen®, she felt a distinct increase in energy. She began to take walks on her afternoon break and improved her diet. I saw her two months later, and she reported that she has vitality to spare, even at the end of a long day.

Snagging more oxygen at high altitude

Joan and Mike are world travelers. They live at sea level but ski the Alps, explore Machu Pichu, and

hike the highest peaks in the Rockies. Though they were in good physical shape, it took them a long time to acclimate to high-altitude locations. No wonder they had trouble. The air at 14,000 feet is thinner and contains less oxygen than at sea level—42% less, to be exact! Their next trip would be an ambitious trek in sky-high Nepal, and they asked if I knew what would help them adjust more quickly.

I explained to Joan and Mike that they must build up red blood cells and hemoglobin so their lungs can grab as much oxygen as possible to fuel high-altitude activity. I instructed them to take ChlorOxygen® at least two weeks before departing on the trip and continue taking it until their return. They were delighted with how quickly they adjusted to the strenuous activity required on their trek.

Shoring up red blood cells

Elizabeth's menstrual flow leaves her feeling weak and exhausted. She loses red blood cells and, more importantly, what's inside them: hemoglobin and iron. Less hemoglobin results in less oxygen transported and delivered to tissues. Elizabeth was worn out, right down to the cellular level. I recommended that she take ChlorOxygen® to boost her supply of red blood cells. I encouraged her to increase her iron intake. I advised her to drink raspberry leaf tea daily to tone and strengthen her uterine lining.

Three months later, Elizabeth's cycles no longer exhaust her. She arises earlier, walks before work, and is taking two yoga classes on weeknights, things she never dreamed were possible. Also, we're making progress on addressing the underlying causes of heavy bleeding.

Regaining the edge

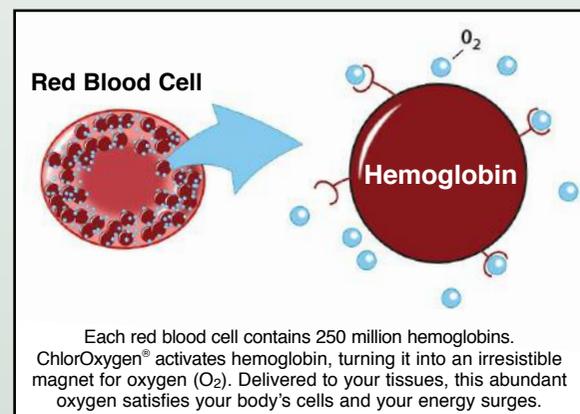
Norman, a marathon runner, became a vegetarian a few years ago. He came to see me because he was losing his athletic edge. He felt he couldn't get enough oxygen while running, and it took him longer than usual to recuperate after exercise. I suggested he take ChlorOxygen® and increase dietary iron to build his blood and optimize his hemoglobin status.

After Norman enhanced his diet and started taking ChlorOxygen®, he noticed a remarkable difference. As his hemoglobin level rose, the amount of oxygen delivered to his muscles increased. He was able to run farther and faster without feeling winded.

Building blood for mom and baby

Annie was six months pregnant and planning a home birth. She felt tired all the time. During the final three months of pregnancy, large amounts of red blood cells must be created by the mother. Lab tests revealed a languishing red blood cell count (hematocrit); obviously, Annie's body wasn't keeping pace with these increased needs. Her midwife said she needed to raise her hematocrit to a more robust level or she would require a hospital birth. She was given an iron supplement but it constipated her and upset her stomach. She figured there had to be a better way and came to my office.

ChlorOxygen® came to the aid of Annie's pregnancy. After just two weeks of taking ChlorOxygen® and adding iron-rich foods to her diet, her hematocrit level returned to normal. Her midwife was impressed by the results. Annie went on to have the home birth she wanted.



Refreshed and invigorated

As you have seen from these stories, ChlorOxygen® chlorophyll concentrate builds better blood and saturates the tissues with oxygen. It's a remarkably rapid and effective solution for my clients who experience low energy, even if the reasons for their fatigue are completely different. If you'd like to feel refreshed and invigorated, give ChlorOxygen® a try.

ChlorOxygen® chlorophyll concentrate satisfies your body's hunger for oxygen

ChlorOxygen® derives its chlorophyll from Stinging Nettle leaf. The superior nutritive qualities of this herb are partly due to its extraordinarily high chlorophyll content. ChlorOxygen® builds better blood. It helps you capture more oxygen with each breath and deliver it to every cell. ChlorOxygen® is available in two liquid varieties: sweet-tasting Original, and invigorating Mint. The convenient softgels are perfect for traveling.

Build better blood

ChlorOxygen® provides the building blocks required to produce more hemoglobin and to ultimately restore healthy numbers of red blood cells. Within a week of starting ChlorOxygen® (and an appropriate iron regimen if recommended), hemoglobin and red blood cell production increase noticeably.

More energy now!

ChlorOxygen® energizes almost instantly, without sugar, caffeine, or other stimulants. Unlike super-green supplements, it is easily absorbed and takes no extra digestive energy for assimilation. It rapidly satisfies your body's hunger for oxygen. You can finally say goodbye to struggles with fatigue and low energy.



ChlorOxygen® chlorophyll concentrate is effective in several common situations where more red blood cells, more hemoglobin, and more oxygen are needed.

- If you have a respiratory challenge that leaves you short of breath after walking a block, ChlorOxygen® promotes hemoglobin's capacity to capture and deliver abundant oxygen to your starved tissues.
- If you travel to high altitudes, ChlorOxygen® promotes rapid acclimation and prevents the discomforts associated with high elevation. It increases your oxygen uptake, giving you the energy to fully enjoy your activities.

- If you tend toward anemia, or if your menstrual flow is heavy and you feel depleted each month, ChlorOxygen® and dietary iron quickly stimulate production of more hemoglobin. You'll make additional red blood cells and maintain their numbers at a healthy level, helping you feel more energetic.
- If you're a mother-to-be, you want a robust hematocrit level to support a safe, healthy pregnancy. ChlorOxygen® builds better blood for you and the baby you're growing.

Sources of dietary iron

To enhance absorption of iron from non-meat sources, try one of the following options: Sip 1/4 cup of water with 1 teaspoon lemon juice 10 minutes before eating; take 250 mg of ascorbic acid (vitamin C) with meals; or add lemon juice to your food.

Animal proteins: beef, liver, poultry, eggs (all organic); sardines, clams, oysters. **Legumes:** lentils, chickpeas, lima beans, black-eyed peas, kidney beans, black beans, pinto beans, edamame, tempeh. **Nuts and seeds:** cashews, peanuts, almonds; sesame seeds, sunflower seeds, pumpkin seeds. **Fruit juice:** prune. **Dried fruits:** raisins, apricots, cherries, peaches, black mission figs. **Grains:** quinoa, barley, whole wheat. **Vegetables:** potatoes. **Greens:** spinach, collards, Swiss chard, beet greens, kale. **Other:** blackstrap molasses, bittersweet (dark) chocolate.

America's #1 Selling Chlorophyll*

*SPINS Data: See www.herbsetc.com



Contains: Sodium copper chlorophyllins [European sourced] from Stinging Nettle (leaf) 50 mg per serving. **GLUTEN FREE**

CAUTION: ChlorOxygen® chlorophyll concentrate permanently stains fabrics, textiles, building materials, etc. While taking this product, dark green stools may occur.

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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, was 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®

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