



**Date : July 23, 2009(Thursday)**

**Time : 2.00 pm - 5.00 pm**

**Venue : Peninsula Hotel Singapore  
5th Floor Tulip Room**

Forum on

# CHLORELLA

AND PREVENTIVE HEALTHCARE

**“Exploring the Therapeutic Potentials of Chlorella”**

## 《绿藻食疗保健论坛》

**Press Kit 新闻资料**

Organisers & Sponsors:



Abeille d'Or (Singapore) Pte. Ltd.  
益寶多(新)私人有限公司

Technical & Professional  
Supporting Organisations:

**Yakult**

Yakult Central Institute for  
Microbiological Research, Japan.



## **Prevention Is Better than Cure, Let Healthy Lifestyle Begins NOW**

Healthy living and practising a healthy lifestyle have been given increasingly serious attention especially among health care professionals and public health authorities.

This is especially true as lifestyle associated diseases, including those arising from stress and strain, food and drinks are on a rapidly increasing trend. The degree of seriousness and the target victims are permeating to younger age groups of our population. By comparison, the Japanese are known for their longevity: how does that come about? The Japanese people, among other things, practice good eating and dietary habits and discipline. These contribute towards maintaining good health. This approach is far more desirable than medication as it invariably attracts a host of negative side effects.

The use of herbs for improvement of health has been an established tradition. Science and technology has made it possible to further realize the traditional goodness and natural herbal properties to achieve higher quality and effectiveness in therapeutic effects.

Yakult Central Institute for Microbiological Research [YCIMR] has undertaken a wide array of R&D for more than 70 years, including the subject of Chlorella. Chlorella is one of the highly prized gifts of nature, especially the superior strain cultivated under stringent scientific methods, and has been proven to be beneficial in health care applications.

Over the last two decades, Abeille d'Or Corporation has carried out the mission of disseminating certain R&D findings of YCIMR in furtherance of the gospel truth for good health through the maxim of "Prevention Is Better Than Cure".

The Forum on Chlorella was organized and sponsored by Abeille d'Or Corporation Sdn. Bhd. With technical and professional support from YCIMR, Japan was to further enhance the mission. Dr. Osamu Chonan, Ph.D., Chief Researcher of YCIMR delivered the Keynote Paper and Assoc. Prof. Dr. Haresh, Ph. D., of Universiti Tunku Abdul Rahman, Malaysia also presented a paper at the Forum.

In the Keynote address, "Chlorella: Its functions and therapeutic effects in modern healthcare", the presentation reviewed the biological effects of heterotrophically cultured *Chlorella regularis* on lifestyle-associated diseases. The results of several studies in humans suggest that *C. regularis* has antihypertensive, hypocholesterolemic, and anti-fatty-liver effects. Also the results of animal studies suggest that *C. regularis* has antioxidative, anticataract, anti-ulcer, and antitumorogenic effects. Additionally, the safety of *Chlorella* products was discussed.



The presentation by Assoc. Prof. Dr. Haresh reviewed the introduction of Chlorella and its position as a food. Chlorella is a unique single-celled fresh water micro alga with grass-like odour due to its high content of chlorophyll, in fact the highest compared to any known plant. Each Chlorella cell is a complete and well-defined unit with a distinctive nucleus enclosed in an envelope. There are organelles outside the nucleus which are all together enclosed in a well protected thick fibrous cell wall.

Employing biotechnology in the cultivation of Chlorella also presented by Dr. Osamu Chonan, the third presentation reviewed the heterotrophic tank cultivation method of *Chlorella regularis* and the characteristics of *Chlorella regularis* cultured by heterotrophic tank cultivation. 1) Good sanitary conditions: Chlorella powder produced by sealed tank cultivation contains pure chlorella cells, not only other alien substances or microbes. 2) High quality: Components of chlorella powder are stable since it is produced by strictly-controlled tank culture system. 3) Excellent health food: Chlorella produced by tank culture system is rich in vitamins, minerals, dietary fibre and protein, so it is excellent to make up for the lack of green and yellow vegetables. 4) High digestibility: Digestibility of chlorella cells produced by tank culture system is higher than that of outdoor cultivation because of soft and thin cell wall.

The Forum provided invaluable knowledge and insight on the subject matter. It served the purpose of health care education to the general public.



## 绿藻食疗保健论坛 日本专家莅临分享

拥抱健康以及维持健康的生活形态，在科技发达的今天日益受到社会大众和公共卫生当局的重视，尤其是保健专家们更视之为优先关注的个人要务。

在过去二十年，益寶多株式会社(Abeille d'Or)积极在马来西亚推动维护健康使命，以教育方式回馈社会和宣扬保持健康之道。由益寶多株式会社独家主办的《绿藻食疗保健论坛》，荣幸邀请日本益多 Yakult 微生物中央研究所资深研究专家长南 治博士 ( Dr. Osamu Chonan ) 及拉曼大学科学工程师哈勒斯古玛医生 ( Dr. Haresh Kumar Kantilal ) 莅临主讲。

长南 治博士毕业于日本千叶大学，于益生菌和益生菌研究上拥有丰富经验。在他的讲题“**绿藻在现代医疗保健上的功能和疗效**”中，探讨了室内密封培植绿藻品种对生活方式相关疾病的影响，以及多项关于绿藻针对人体降血压、降胆固醇和抗脂肪肝研究，还有在实验动物身上呈现的抗氧化、抗白内障、溃疡和瘤的临床试验报告。研究成果除了探讨绿藻内的活性成分以及效应外，也有助于人们更全面地了解高营养价值的绿藻品种和它作为绝佳补充食品的潜力以及其预防疾病的功能。

哈勒斯古玛医生主讲的是“**绿藻作为食品的介绍**”，他极力推崇绿藻作为食品的重要性。绿藻是一种独特的单细胞淡水微型藻类，相比任何已知的植物，具有最高含量的叶绿素含。绿藻被视为功能性食品，原因在于它包含了所有人体必需的营养（包括帮助现代人日常饮食中缺乏的营养），能够促进免疫、平衡和振兴作用，更可以对慢性疾病有显著的效益。

上述专题保健论坛分别于八打灵再也希尔顿酒店、马来亚大学、马来西亚理科大学和新加坡 4 个地点举办，成功吸引了行内专家、医生、药剂师和在籍或毕业研究生等踊跃出席。

益寶多株式会社董事长廖桂蓉女士也是《绿藻食疗保健论坛》筹委会主席，她声称日本 Yakult 微生物科技研究所的研究拥有超过 70 年的历史，所以此次的保健分享诚属珍贵与难得。她衷心感谢日本 Yakult 微生物科技研究所的协助与资源，以及长南 治博士和哈勒斯古玛医生的分享。最后，她也感谢所有论坛出席者给予的热烈反应和支持，并祝愿大家“健康生活就从现在开始”。