



ENERGYbits® algae tablets have 100-1,000 times more Chlorophyll than Other Vegetable Sources

Chlorophyll Content of Selected Raw Vegetables				Chlorophyll in Single Serving of ENERGYbits (30 tablets) 7.5 grams
Food	Serving Size 1 cup (226 grams)	Chlorophyll per 226 grams	Chlorophyll per gram	
Chlorella 	1 cup	4,723 mg	20.9 mg	157 mg
Spirulina 	1 cup	2,599 mg	11.5 mg	86 mg
Wheatgrass juice	1 cup	32 - 96 mg	0.14 - 0.42 mg	1 mg - 3.2 mg
Spinach	1 cup	23.7 mg	0.10 mg	0.75 mg
Parsley	½ cup	19.0 mg	0.08 mg	0.60 mg
Watercress, garden	1 cup	15.6 mg	0.07 mg	0.53 mg
Green beans	1 cup	8.3 mg	0.04 mg	0.30 mg
Arugula	1 cup	8.2 mg	0.04 mg	0.30 mg
Leeks	1 cup	7.7 mg	0.03 mg	0.23 mg
Endive	1 cup	5.2 mg	0.02 mg	0.15 mg
Chinese cabbage	1 cup	4.1 mg	0.02 mg	0.14 mg

Sources:

- Source of chlorophyll content in vegetables: Linus Pauling Institute Oregon State University <http://lpi.oregonstate.edu/mic/dietary-factors/phytochemicals/chlorophyll-chlorophyllin>
- Source of chlorophyll content in wheat grass: <http://althealthworks.com/8326/they-told-you-1-shot-of-wheatgrass-juice-was-equal-to-2-pounds-of-green-vegetables-heres-what-they-didnt-tell-youyelena/>
- Source of chlorophyll in chlorella and spirulina: <http://www.freegrab.net/chlorella.htm>
- Second source of chlorophyll in chlorella: <http://www.naturodoc.com/chlorella.htm>
- Calculations: one cup = 8 ounces = 226 grams