

Chlorophyll Water Trending on TikTok

Over 264 million hashtags being amassed by TikTokers celebrating their personal results from the potential benefits of liquid chlorophyll & Chlorophyll Water®.

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/EINPresswire.com/ -- At the time of this writing, the [#Chlorophyll](#) hashtag has amassed over 188 million views, with [#ChlorophyllWater](#) having been viewed over 76 million times.

Putting liquid chlorophyll drops in water and drinking [Chlorophyll Water®](#) has taken TikTok by storm, with many users of the social media platform raving about the [benefits of chlorophyll](#).



Chlorophyll Water (ChlorophyllWater.com)

Recognized by the Green Business Bureau as “Good for the Mind, the Body, and the Planet,” Chlorophyll Water® is a plant-powered purified water enhanced by nature with the addition of Chlorophyll, a key ingredient and the distinct green pigment in plant life. It is carbon-filtered, using triple filtration, and is UV-treated for the highest level of purity. Chlorophyll Water is a refreshing introduction to the many benefits of chlorophyll and is fortified with the added health benefits of vitamins A, B12, C, and D for enhanced hydration.

With over 264 million hashtags being amassed on TikTok celebrating their personal results from consuming liquid chlorophyll and drinking Chlorophyll Water®, the press and media have been exploring the potential benefits of chlorophyll.

Allie Gregg, a registered dietician explains that “there are so many amazing benefits to drinking Chlorophyll Water! It helps your liver function, which improves detoxification, fights carcinogens, increases energy, helps to balance hormones, aids in weight loss, and also fights cravings. [It also] reduces inflammation, increases and refreshes your body’s red blood cells, [works as a]

natural internal deodorizer, and promotes anti-aging [properties] and glowing skin."

Lisa Richards, author of The Candida Diet, explains that "Chlorophyll Water is an impressive new way to take chlorophyll, and it is effective in protecting against free radicals and simultaneously helping to reduce body weight and improve our red blood cells. All of this, and more, is a by-product of chlorophyll's antioxidant activity."

Dr. Eugene Charles, author of Journey to Healing notes that "chlorophyll is responsible-in a way-for all life on Earth. It is the 'blood' of plants and has blood-building properties for our [own] red blood cells. Dr. Charles explains that "one of the best things you can do" is drink Chlorophyll Water, "it is a powerful detoxifying, healing and energizing tonic."



Chlorophyll Water: Nature Enhanced Purified Water (ChlorophyllWater.com)

Trista Best, a registered dietitian tells NBC News that "chlorophyll is full of antioxidants" that "act in therapeutic ways to benefit the body, especially the immune system." Antioxidants work as anti-inflammatory agents inside the body, helping to "improve the body's immune function and response."

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Allie Gregg, Registered Dietician

Dr. Kelly Bay, a functional medicine practitioner based out of New York City, further explains to NBC that she's a "big fan of Chlorophyll Water®," stressing that "chlorophyll is a powerful antioxidant and has a wide variety of benefits. Consuming chlorophyll on a regular basis can help reduce your risk of developing cancer and aid your body in eliminating toxins. It is a natural anti-inflammatory, which can help reduce chronic inflammatory problems like

arthritis. This is why I've always been a big fan of Chlorophyll Water, especially if you don't consume as many leafy greens as you should."

In Glamour's "Everyone Is Drinking Liquid Chlorophyll on TikTok" article, Glamour applauds

chlorophyll's antioxidant properties as well: "Chlorophyll is packed with antioxidants, which work as anti-inflammatory agents inside the body."

In another featured article on Glamour's website, entitled "Drinking Liquid Chlorophyll Gave Me the Best Skin of My Life," the journalist, Perrie Samotin, discovered benefits within about a week, stating that she "started to notice some changes, particularly with [her] energy levels and, yep, [her] skin."

Samotin continues to explain that "according to Dr. Joshua Zeichner, director of Cosmetic & Clinical Research in Dermatology at New York's Mount Sinai Hospital, there's been some data to suggest that liquid chlorophyll promotes red blood cell production, which means it also may help promote oxygen delivery to your tissues. [This] probably accounts for why [she] noticed an almost instantaneous change in [her] face's tone. The dullness started to recede within days, [she] looked more awake, and the dry patches along [her] cheeks started to clear up."

Eat This, Not That, a website dedicated to healthy choices, discusses TikTok's obsession with the benefits of chlorophyll to its readers, "The One Thing Everyone's Adding to Their Water Right Now, Say Experts," describing that "chlorophyll is... loaded with antioxidants" that "can help fight disease," "can help detox your liver," "can help aid in weight loss," and "can improve your red blood cells."

"How Chlorophyll Keeps Your Skin Clear & Glowing" on Zoe Report goes into great detail on the benefits of chlorophyll for skincare. "Chlorophyll can certainly help when thinking of ways to keep your skin looking younger and healthier in a more natural way," Dr. Devika Icecreamwala, a board-certified dermatologist, confirms to Zoe Report. "It's an excellent source of vitamins A, C, E, and K — these can act to replenish the skin and keep it firm, increase collagen production, and help reduce free radical damage."

Spartan Race, a popular website dedicated to fitness enthusiasts, included an article entitled "Can Drinking Chlorophyll Enhance Your Performance" that goes into great detail on the potential benefits of chlorophyll. Keith Kantor, Ph.D., a nutritionist and dietician, tells Spartan,



Chlorophyll Water: Liquid Chlorophyll
(ChlorophyllWater.com)

“Chlorophyll water suppresses appetite, aids in weight loss, decreases spikes in insulin (which lessens cravings), helps with skin healing, helps in detoxifying the blood, increases energy, helps in eliminating odors (works] as a natural deodorant), and helps in boosting the immune system.”

In an article entitled “Chlorophyl: The Plant-Based Superfood with Major Skin Benefits” on Spotlyte by Allergan, they lauded Chlorophyll Water®, stating: “This enhanced water will deliver your daily anti-aging dose of chlorophyll with every sip.”

For more information on Chlorophyll Water®, please visit ChlorophyllWater.com or follow Chlorophyll Water on social media at [@ChlorophyllWater](https://twitter.com/ChlorophyllWater).

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