

Wheatgrass: An anti-aging supplement

Wheatgrass contains chlorophyll, amino acids, minerals, vitamins, and enzymes that aid digestion. Several studies have shown that anti-aging wheatgrass juice significantly reduces the frequency and severity of ulcerative colitis attacks; a digestive disease that is very painful and difficult to treat.

Chlorophyll is very similar in structure to hemoglobin; the substance in human blood that makes blood red and that processes oxygen and delivers it to human cells. People who swear by wheat grass juice as a daily tonic insist that the high concentration of chlorophyll provides the greatest anti-aging benefit. Fans report increased energy, better digestion, better sleep, and improved circulation.

Recent studies on pro-biotic bacteria (which also have a major impact on healthy digestion and in preventing disease and cellular aging) have shown that colon health is much more important to whole body health and youthful cells than was previously thought. Wheatgrass juice is rich in vitamin B12 because microorganisms that live on the grass itself produce this vitamin while digesting the grass--a process very similar to pro-biotic aids to digestion.

Benefits List:



1. Contains Chlorophyll
2. Stimulates circulation
3. Strengthens the immune system
4. Creates detoxification at a cellular level
5. Reduces inflammation
6. Lessens cravings
7. Steadies Nerves
8. Improves eyesight
9. Promotes mental clarity
10. Natural Source of B-17



Suggested Use:

It is recommended to use half a teaspoon with 4 to 8 ounces of your favorite juice or water. Wheatgrass powders are good to take first thing in the morning to jump-start your day and during the day when you want to pull in the extra great nutrition. 1-3 servings are recommended per day. You may increase the amount of consumption.

Nutrition Facts:

Serving Size: 100 grams

Moisture: 6.0 g

Ash: 3.7g

Protein: 55.5g Glucose: 3.2g Fructose: 3.1g

Folic Acid: 690ug

Vitamin B1: .45mg Vitamin B2: .2mg Vitamin B5: 1.9mg

Vitamin B6: .3mg

Vitamin E: 105mg

Folacin: .9mg

SOD: 3200mg

Chlorophyll: 1050mg

Phenolic compound: 9405mg

B-Carotene: 69mg

Ca: 160mg

Mg: 200mg

Fe: 36mg



Organic Wheatgrass Juice Powder



What is Wheatgrass?

Wheatgrass powder is a product obtained from dehydrating the extracted juice of wheatgrass and sold as a dietary supplement. It is valued for its nutritional benefits since it contains high levels of beta-carotene, amino acids, B vitamins, and fiber. It is also reputed to possess antibacterial and restorative properties that help to detoxify the body.

Generally, wheatgrass refers to bread wheat (*Triticum aestivum*), a type of grass cultivated in a greenhouse or under artificial lighting indoors. After seven to ten days, the grass is processed in a small appliance to extract the juice, which is consumed for specific therapeutic purposes. Wheatgrass tablets and wheatgrass powder, on the other hand, are made from grass that has been allowed to grow naturally in the field for three months or more before it is dehydrated and consumed as a nutritional supplement.

Wheatgrass powder is taken by mixing it with water to make a nutritional drink. It can also be added to other foods/liquids. In addition to the list of nutrients preserved in the dehydrated product, the primary driver behind the health-giving properties of wheatgrass powder is believed to be the concentrated chlorophyll content.

Benefits of Wheatgrass

There are many wheatgrass juice benefits that can be obtained by consuming a small glass of the drink. Wheatgrass juice happens to be one of the healthiest and most potent drinks that is available. Wheatgrass is considered to be a super food; some of the many wheatgrass juice benefits are that it helps cleanse the body, helps produce blood, and helps fight illness.

One of the biggest wheatgrass juice benefits is that it helps cleanse the body. Most people consume a large number of toxins that are not beneficial to the body. By consuming a small amount of wheatgrass juice every day, these toxins can be flushed out of the body. The juice has the ability to help eliminate free radicals in the body and cleanse the bodily organs.

Wheatgrass juice helps produce blood. Under a microscope, the chlorophyll molecule looks amazingly similar to a molecule of hemoglobin. This similarity makes it very simple for the body to convert wheatgrass supplements into blood thereby increasing the red blood cell count and making it easier to distribute oxygen throughout the body. This process also has shown the ability to lower blood pressure, increase metabolism and make it easier to breathe.

Wheatgrass & Health

Perhaps the most powerful of the wheatgrass juice benefits is that it helps fight disease and sickness in the body. Those who regularly consume wheatgrass drinks become much less likely to suffer from sickness or disease. Wheatgrass juice is packed full of vitamins and minerals that are necessary to promote wellness. Wheatgrass contains beta carotene; important vitamins such as C, B, and E; and more than 90 minerals. Amino acids are another substance that can promote health, and they are readily available within wheatgrass.

Wheatgrass is effective at preventing disease because it keeps carcinogens from absorbing into the body. There are many carcinogens in the food and drinks that most people consume. If wheatgrass juice is incorporated regularly into a person's diet, he or she will be able to avoid filling bodily cells with these dangerous carcinogens. The chlorophyll within the wheatgrass plays a vital role in keeping the carcinogens out and allowing only healthy nutrients to flow throughout the body.