

# Fun Facts About Wheatgrass Juice

2 oz of **Wheatgrass Juice** is comparable to consuming 5 lbs. of fresh vegetables.

**Wheatgrass Juice** contains 103 essential vitamins and minerals that are easily absorbed.

**Wheatgrass Juice** is high in Vitamins A,C, D, E, K and the complete B Complex, including B17.

**Wheatgrass Juice** is a complete protein, composed of all essential amino acids, which work to increase energy levels.

**Wheatgrass Juice** is a potent antioxidant which reduces inflammation and slows the aging process.

**Wheatgrass Juice** has a 70% chlorophyll content that oxygenates and purifies the blood, regulates blood sugar levels, boosts immune response and allows the body to heal itself.

**Wheatgrass Juice** activates the metabolism, digestion and the body's enzyme system, helping the body to reach an optimal weight.

