



Organic Rosehip Skincare

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ORGANIC LIVING GREENS

THE ULTIMATE SUPER FOOD BLEND

The **Organic Living Greens** is a rich source of vitamins, anti-oxidants, minerals, proteins and SOD (Super Oxide Dimutase – Anti-aging enzymes)



Alfalfa



Barley



Wheat Grass



Spelt Grass

The **Organic Living Greens** contains alfalfa, spelt grass, barley and wheat grass for a rich mineral and vitamin content. This green supplement helps to nourish your skin, aid digestion and reduce inflammation in the body. The Organic Living Greens is the perfect source of greens and helps to strengthen your hair and nails.

Rich in **chlorophyll** which helps nourish and fortify the blood, strengthen the body, boost vitality and increases stamina and energy.

Alfalfa: "Father of All foods", containing almost all known vitamins, minerals and trace elements needed for premium health and is 10 times richer in minerals than most cereals.

Wheatgrass/Barley: Wheatgrass is known for its ability to stimulate human tissue growth and repair. It helps to oxygenate the blood, provides calcium and energises and regenerates the body.

Spelt Grass: Nutritionally, Spelt is extremely close to Wheatgrass. Spelt, Triticum Spelta, was considered the "Mother Grain" in the ancient Middle East and has been regarded as the "Healing Grain" in Central Europe by the way it rejuvenates your body.

This fabulous combination of ingredients comes in the form of a powder and is taken twice a day in water or juice for maximum benefits.



150G

- Nourishes the skin.
- Aids Digestion
- Reduces arthritic inflammation.
- Beautifies hair and strengthens nails.

Ingredients: 100% Pure Organic Australian Green grasses: wheatgrass, barley, spelt grass & alfalfa.

Directions: ½-1 teaspoon twice a day before meals - mixed with pure water or fruit juice.

NOTE – CONTAINS ALL CERTIFIED ORGANIC NATURAL INGREDIENTS, THIS INCLUDES USE OF ORGANIC CHEMICAL FREE PRESERVATIVES.

Organic Living Greens Superfood

Active Ingredients



Barley:

Barley is rich in dietary fiber which gives to the friendly bacteria present in the large intestine. The friendly bacteria that are fed by barley's insoluble fiber also help in removing the pathogenic bacteria from the body.

Barley is rich in niacin, which is highly effective in reducing the risk of cardiovascular disease. It prevents the oxidation of LDL, by the free radicals.

Barley helps in maintaining a healthy intestine. It helps in decreasing the transit time of fecal stuffs and also increases the bulk. As a result, the risk of colon cancer and hemorrhoids get reduced to a considerable extent. Barley can also prove to be extremely helpful in curing childhood asthma. It substantially lowers the risk of diabetes also. Barley is effective against diseases like atherosclerosis, diabetes, insulin resistance and ischemic stroke.

Alfalfa:

Alfalfa is rich in vitamins, minerals and other nutrients that play a vital role in the strength and growth of our bones and in the maintenance of a healthy body. It contains protein and vitamins A, B1, B6, vitamin C, vitamin E and vitamin K. It also contains calcium, potassium, carotene, iron and zinc.

Alfalfa is used as an herbal remedy because it contains vitamins, minerals, trace elements, amino acids, digestive enzymes, phytoestrogens, saponins, sterols, alkaloids, flavonoids, coumarin, acids, proteins, natural sugars and high fiber. These powerful nutrients have cancer fighting properties, anti-bacterial, anti-inflammatory, anti-viral and anti-septic medicinal properties and the ability to help push toxins, waste build up, heavy metals and chemicals from the body naturally because of the diuretic and laxative effects it has on the body.

Wheatgrass:

Wheatgrass like all foods are high in Chlorophyll is very good for your blood and is an excellent blood cleanser. It is very high in natural enzymes and contributes to cell regeneration and is very easily digested, helps to maintain liver health and is a powerful detoxifying agent which can help to neutralize toxins within the body. Because of this it is helpful for clearing skin conditions such as eczema and psoriasis.

Spelt Grass:

Spelt Grass is rich in special type of phytonutrient called plant lignans. Plant lignans are considered to be highly effective in providing protection against breast and hormone-dependent cancers and also heart disease. Spelt is a rich source of magnesium which is a co-factor for several body enzymes. It plays an integral role even in the enzymes that are used in the secretion of glucose. As a result this, spelt substantially lowers the risk of Type 2 diabetes. Spelt can help women prevent the formation of gallstones, owing to its rich content of insoluble fiber. Eating spelt can help protect the body against conditions like ischemic stroke, insulin resistance, diabetes and obesity.