



REFINE WHEAT GRASS RAS



1. It's a superfood Wheatgrass is packed with a powerful combination of nutrients, and this makes it extremely useful to your health. It has many therapeutic benefits and is known as complete nourishment. Its extensive combination of vitamins and nutrients may make wheatgrass an exceptional choice to enhance your well-being. Wheatgrass has antioxidant, antibacterial, and anti-inflammatory properties.

It contains : Iron, calcium m,enzymes, magnesium , phytonutrients ,17 amino acidsvitamins A, C, E, K and B complex chlorophyll proteins etc

2. It can eliminate toxins

Wheatgrass has high levels of enzymes that aid in digestion by helping your body to break down food and absorb nutrients.

This can help with digestion, according to the previously mentioned 2011 researchreview. The detox effects of wheatgrass clean your intestines. This helps you experience less gas, bloating, and abdominal discomfort. Wheatgrass may also help relieve constipation, irritable bowel syndrome, and other digestive issues, per the 2015 researchTrusted Source mentioned earlier.

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4. It can boost your metabolism

Drinking wheatgrass can boost your metabolism and aid in weight loss, the aforementioned 2015 researchTrusted Source suggests. It's a good choice if you're watching your weight, because it's low in calories and has no fat. Wheatgrass is a nutrient-dense food, leading many people to feel fuller faster and stay full for longer. This can help reduce your desire for foods that are high in sugar or fat.

5. It can lower your cholesterol

Wheatgrass is also known to lower cholesterol levels, according to 2010 researchTrusted Source. Losing weight can also help you lower cholesterol levels, which can make you less at risk for developing heart disease, per a 2010 study.

6. It can boost your immune system

Wheatgrass enhances the function of your immune system. This can help ward off infection and disease. Plus, you'll likely feel better when your immunity is performing at optimal levels. If you do get some type of illness, having a strong immune system can help you recover more quickly.

7. It can give you energy

Your energy levels may be higher than usual from the nourishment you receive. Once your body has cleared out harmful substances, your energy can be directed toward performing daily tasks and exercising. You may feel rejuvenated and refreshed.

8. It can improve cognitive function

Wheatgrass may improve overall mental function and relieve anxiety.

Its neuroprotective effects allow for better cognitive function and may help ward off and treat Alzheimer's disease, according to a 2010 lab studyTrusted Source.

It may also help prevent memory loss and improve hand-eye coordination.

9. It can help with diabetes

According to a 2014 animal studyTrusted Source, wheatgrass has been shown to improve blood sugar levels in rats with Type II diabetes. This is, in part, because wheatgrass has compounds that have an effect similar to insulin. It lowers the glycemic index of foods, which has a positive effect on blood sugar levels.

10. It can help with arthritis

Wheatgrass may have anti-inflammatory properties, according to the 2011 research mentioned earlier. This may help ease some of the symptoms of arthritis, such as stiffness, pain, and swelling. It may result in less discomfort and improved function.

Is there a link between wheatgrass and cancer?

Wheatgrass may be a powerful addition to cancer treatment plans.

The 2015 review of studiesTrusted Source mentioned earlier suggests that wheatgrass has anticancer potential. This could be because wheatgrass kills off certain cells. When used alongside conventional cancer treatment, wheatgrass may boost the immune system and help the body to detox. Larger studies are needed to confirm these findings. A 2017 studyTrusted Source found that wheatgrass has an inhibitory effect on proliferation of cells in oral cancer. This means it may stop the cells from multiplying and spreading. It may be due to its high chlorophyll content. Wheatgrass may also lower myelotoxicity that is caused by chemotherapy. Myelotoxicity reduces bone marrow function and can increase your risk for infection. A 2015 reviewTrusted Source also shows that wheatgrass has antioxidant properties that may help prevent cancer. The high nutritional value of wheatgrass helps to build a strong immune system, which is thought to keep the body healthy and free of disease.

Directions for use :

Drink on empty stomach at least 30 minutes before meal. Diluted in 150ml water . Take 5ml twice daily for first 3 days , 10ml for next 3 days , then for seventh day onwards 15-30ml twice daily . Drink plenty of water throughout the day. For better result , continue to use for 6-12 months ,

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