

Average Composition



**Each Container contains:
100% Wheatgrass (Leaf and Roots)
Freeze Dried Honey**

Wheatgrass composition per 100g:

Chlorophyll	1620 mg
Energy	1976.3 mg
Fibre	18.2 mg
Protein	20.78 mg
Vitamin F	820 g
Vitamin B2	0.49 mg
Vitamin B1	0.2 mg
Vitamin B5	0.001 mg
Vitamin B6	0.82 mg
Vitamin B12	9.12 mg
Vitamin A	3500 IU
Vitamin K	0.22 IU
Choline	112.3 mg
Folic acid	0.058 mg
Vitamin D	150 IU
Vitamin E	3.02 mg
Vitamin C	20 mg
Iron	3.848 mg
Calcium	102 mg
Potassium	2400 mg
Sodium	1540 mg
Manganese	3 mg
Sulphur	110 mg
Phosphorous	1.39 mg
Cobalt	0.4 mg
Magnesium	109.3 mg
Zinc	4.21 mg
Arginine	0.62 %
Histidine	0.28 %
Isoleucine	0.37 %
Leucine	0.78 %
Lysine	0.34 %
Methionine	0.15 %
Phenylalanine	0.47 %
Threonine	0.29 %
Tryptophan	0.18 %
Valine	0.46 %
Alamine	0.10 %
Proline	0.07 %
Tyrosine	0.32 %
Aspartic acid	0.01 %
Cysteine	0.18 %
Glutamic acid	0.10 %
Glycine	0.64 %