

INS Wheatgrass Tea

The Functions of Nutrients in Wheatgrass and the Deficiencies That They Address

| INGREDIENTS | FUNCTIONS | DEFICIENCIES |
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| Chlorophyll | <p>Synthesizes red blood cells and re-vitalizes</p> <p>Balances the blood sugar</p> <p>Cleanses the liver</p> <p>Promotes the healing of wounds</p> <p>Suppresses the environment that is favourable for bacteria growth</p> <p>Enhances the functions of the heart</p> <p>Good for the blood system</p> <p>Enhances the function of various organs</p> <p>Cures anaemia</p> <p>Stimulates growth of new cells</p> | <p>Digestive problem.</p> <p>Blood cancer.</p> <p>Anaemia.</p> |
| Choline | <p>Controls the deposition of cholesterol</p> <p>Help in the transmission of nerve impulses and enhances good memory</p> <p>Prevents loss of memory due to old age</p> <p>Promotes the functions of the liver and helps in excreting toxins and drug residues from the body</p> <p>Acts as tranquilizer</p> | <p>Hardening of the liver.</p> <p>Changes of fats in the liver</p> <p>Hardening of arteries.</p> <p>Alzheimer's disease.</p> |
| Vitamin K | <p>Prevents internal bleeding and piles</p> <p>Prevents excessive bleeding during menstruation</p> | <p>Chronic inflammation of the colon in children.</p> <p>Tropical diarrhoea.</p> |
| (Menadione) | <p>Promotes the normal clotting of blood, thus preventing abnormal bleeding</p> | <p>Inflammation of colons.</p> |
| Vitamin F (Linoleic Acid, Arachidonic Acid) | <p>Prevents accumulation of cholesterol in the walls of arteries</p> <p>Promotes the healthy growth of skin and hair.</p> <p>Prevents the adverse effect of X-rays to a certain extent</p> <p>Helps in the functioning of glands. Assists cells in absorbing calcium.</p> <p>Cures heart disease</p> <p>Helps to control weight</p> | <p>Psoriasis</p> <p>Acne</p> |
| Vitamin B1 (Thiamine) | <p>Promotes growth</p> <p>Helps in digestion, especially the digestion of carbohydrates.</p> <p>Maintains energy</p> | <p>Gout in the leg.</p> <p>Headache</p> <p>Lack of appetite.</p> <p>Stomach Disorder.</p> |

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| | <p>Maintains the normal activities of the nervous system, muscles and heart.</p> <p>Alleviates dizziness while travelling on a plane or boat.</p> <p>Alleviates pain after tooth surgery</p> <p>Helps to cure Herpes Zoster</p> | Nervous disorder |
| Vitamin B6 | <p>Digests and absorbs proteins and fats</p> <p>Helps to convert Tryptohane (an essential amino acid) into Niacin (Vitamin B3)</p> | <p>Anaemia.</p> <p>Inflammation of skin.</p> |
| (Pyridoxine) | <p>Prevents various kinds of diseases related to the nervous system and skin.</p> <p>Alleviates vomiting</p> | <p>Inflammation of the tongue.</p> <p>Bleeding in the colon, colon inflammation.</p> <p>Stomach inflammation.</p> |
| Vitamin C | <p>Treats wounds, burns and bleeding gums</p> <p>Enhances recuperation after surgery</p> | <p>Blood cancer</p> <p>Pain in the lower limbs.</p> |
| (Ascorbic Acid) | <p>Lowers blood cholesterol</p> <p>Prevents virus attacks and bacterial infections</p> <p>A natural purging medication</p> <p>Lowers the chances of blood clotting</p> <p>Prevents and cures the common cold</p> <p>Adheres to cell proteins to promote longevity</p> <p>Alleviates allergies</p> <p>Prevents blood cancer</p> | <p>Swollen gum</p> <p>Falling of tooth</p> <p>Ageing</p> <p>Tiredness</p> <p>Common cold</p> |
| Vitamin A | <p>Improves night vision</p> <p>Helps to cure various eye diseases and promotes growth of light sensitivity elements in the eyes</p> <p>Prevents infection of respiratory organs.</p> <p>Enhances recovery from illness and maintains organs and tissues in healthy condition</p> <p>Promotes growth and strengthens bones.</p> <p>Maintains the health of hair, teeth and gums</p> <p>Used externally to treat various kinds of skin diseases</p> <p>Treatment for thyroid conditions</p> | <p>Eyes tiredness</p> <p>Night blindness</p> |
| Vitamin B2 | <p>Promotes the healthiness of the digestive system and alleviates stomach disorders</p> <p>Prevents and alleviates serious migraines</p> | <p>Pellegra (a type of skin disease)</p> <p>Rough skin</p> |

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| <p>(Niacin, Nicotinic Acid, Niacinamide, Nicotinamide)</p> | <p>Promotes circulation of blood and lowers blood pressure Alleviates diarrhoea Alleviates symptoms of Meniere's Syndrome Assists the utilization of food by the body to produce energy Cures inflammation of the mouth, lips and prevents bad breath Lowers the cholesterol level</p> | |
| <p>Vitamin E</p> | <p>Inhibits oxidation of the cell and delays ageing Supplies oxygen to the body for endurance</p> | |
| <p>(Tocopherol)</p> | <p>Acts with Vitamin A to protect lung and heart from environmental pollutants Prevents the clotting of the blood</p> | |