



Name Wheat Grass

Caps

Code	Size	Duration
C88-54	54 Capsules	Usually lasts 18 days
C88-100	100 Capsules	Usually lasts 33 days

Area concerned

Nutrition, detox.

Ingredients

Wheat Grass 325mg minimum per capsule.

Description

Wheat grass is a concentrated natural supplement which will add to the nourishment of your diet. An analysis shows that it contains; vitamins A, C, E, K, B1, B2, B6, B12; niacin, pantothenic acid, biotin, folic acid; chlorophyll, superoxide dismutase; calcium, phosphorus, potassium, magnesium, iron, selenium, zinc, iodine, copper, cobalt, sulphur, and other trace minerals; and twenty amino acids.

Respected health author *Leslie Kenton* says that wheat grass is "...very special... unbelievably rich in vitamins and minerals, enzymes and hormones you would be hard pressed to find elsewhere." This means that your energy levels can stay high, and your immune system strong.

We recommend 3 or 4 **Wheat Grass Capsules** or 6-8 **Super Spirulina** every day, alternating between the two.

Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to four times this amount can safely be taken. If you wish to take a high amount, start low and gradually increase. Taking too much too soon can produce slight nausea or a detox effect.

How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 1-3 months if and when it is felt to be desirable. Can be used at any time as a general supplement, perhaps alternating with **Super Spirulina Tablets**. A very nourishing herb.

Cautions

None

Companion Products

90-day Digestive Programme; Dig Capsules; Dig Drops; Mega-Ton Drops; Min/Vit Capsules; Nve-Restor Drops; Slippery Elm Capsules or Tea; Super Spirulina Tablets.

Caps

Powder

Code	Size	Duration
P03-35	35g	Usually lasts 7-14 days
P03-200	200g	Usually lasts 6-12 weeks

Area concerned

Nutrition, detox.

Ingredients

Wheat Grass only.

Description

Specialist Herbal Supplies' Wheat Grass is nutritionally superior to fresh wheat grass juice. This surprising fact is because of the high concentration of nutrients which build up in our wheat grass thanks to the way it is grown.

SHS Wheat Grass is grown over the winter for 3-4 months during which time it grows very, very slowly, allowing nutrients to build up in the short stem. It is harvested in the spring, immediately before it shoots up, thereby preserving its high nutritional value. It is cool-powdered and stored in the cold in the USA until we ask for it to be sent to us.

This process makes our **Wheat Grass** a unique product with a higher level of nearly all nutrients compared to fresh wheat grass juice - which is only 14-28 days old.

Standard use

Half to one level teaspoonful stirred into juice or water, twice a day. Start taking a small amount and increase slowly to avoid any possible temporary slight nausea because of the detox properties of wheat grass.

How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 1-3 months if and when it is felt to be desirable. Can be used at any time as a general supplement, perhaps alternating with **Super Spirulina Tablets**. A very nourishing herb.

Cautions

None

Companion Products

90-day Digestive Programme; Dig Capsules; Dig Drops; Mega-Ton Drops; Min/Vit Capsules; Nve-Restor Drops; Slippery Elm Capsules or Tea; Super Spirulina Tablets.

Powder