

Wheatgrass

✓ Excellent Source of Vitamin K

✓ Excellent Source of Vitamin E

✓ Cholesterol-Free

✓ Sodium-Free

✓ Fat-Free

Wheatgrass contains iron, calcium, phosphorus, vitamin C and B vitamins, and is rich in antioxidants, chlorophyll, and beta carotene



1g
PROTEIN

0mg
SODIUM

4g
FIBER

6g
CARBS

25
CALORIES

0g
FAT

1 Tbsp (8 g)

Wheat Grass

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