

Fields of Greens

Description and Purpose

With today's busy lifestyles and the convenience of fast food, we all too often neglect eating nutritionally rich fresh foods. Forever provides a simple solution to 'convenience eating' in Fields of Greens.

Fields of Greens incorporates the nutritional benefits of young, green barley sprouts, alfalfa, wheat grass and cayenne. Other nutritional compounds present in Fields of Greens are beta-carotene, enzymes, amino acids, vitamins and chlorophyll, with more fibre than bran. One glance at the ingredient list reveals a cornucopia of nutritional elements especially formulated to combat the deficiencies of 'convenience eating'.

Barley Grass - Until the advent of wheat and rye, barley was the primary grain for bread in Europe. The juice of young barley plants is known to contain a rich mineral cocktail - potassium, calcium, magnesium, iron, sodium, copper, phosphorous, zinc and manganese. In addition, an antioxidant compound known as 2-O-GI (2-O-glycosylisovitexin) occurs naturally in green barley leaves.

At a glance...

- Excellent all-purpose multi-vitamin and multi-mineral
- Rich in minerals
- Antioxidant
- Contains chlorophyll
- Contains all the benefits of eating your greens



Wheat Grass A rich nutritional food, also containing a great variety of vitamins, minerals and trace elements. Dr Ann Wigmore, American founder of using wheatgrass, claims that 1lb of fresh wheat grass is equal in nutritional value to over 20lb of fresh vegetables.

Alfalfa Alfalfa roots extend as much as 13ft deep into the earth, drawing up minerals from rich soil, making this plant another of the richest mineral foods available to man. These minerals are in total balance and aid maximum absorption. Alfalfa is also an excellent source of vitamins A, B6, E and K. It lowers cholesterol levels, and is a natural plant oestrogen.

Cayenne Pepper Long used as a traditional medicine, it has been found to improve circulation and aid digestion.

Honey The credentials of honey as a source of nutritional benefit are well established. A source of vitamins, minerals and amino acids, honey has long been used to provide energy.

Formula Ingredients

Barley grass (powdered leaves)	120mg
Wheat grass (powdered leaves)	120mg
Alfalfa (powdered leaves)	120mg
Cayenne pepper (powdered fruit)	1.7mg

Other Ingredients

Honey, sorbitol, magnesium stearate, stearic acid, silica - **contains wheat.**

Contents

80 tablets.

Suggested Use

1 tablet, twice daily.

