

Wheatgrass has been found to possess a number of potential health benefits due to its antioxidant, antibacterial, and anti-inflammatory properties.

Here are some of them:

- 1. Lowers cholesterol**
- 2. Reduces Inflammation**
- 3. Boosts Immune System**
- 4. Stabilizes Red Blood Cells**
- 5. Helps with Type 2 Diabetes**
- 6. Helps Prevent Cancer**
- 7. Helps reduce the Adverse Effects of Cancer Treatment**
- 8. Fights Infection**
- 9. Boosts Mental Performance**
- 10. Aids in Digestion**
- 11. Fights Bowel Inflammation**
- 12. Boosts Fertility**
- 13. Stimulates Circulation**
- 14. Aids in Weight Loss**
- 15. Make Hair Healthier**