

# Alfalfa

## -Naturally Nutritious

Known as the “*Father Of All Foods*” and a superfood, the alfalfa is naturally nutritious, providing more than 300 nutrients and minerals including calcium, phosphorus, iron, magnesium, chlorophyll, bioflavonoids, trace minerals and vitamins.

### PROMOTES HAIR HEALTH

- Improves blood circulation and increases oxygen flow in the scalp.
- Provides antioxidant protection for hair follicles, improving hair health and growth.

### CLEANSSES AND DETOXIFIES

- Cleanses and detoxifies the liver.
- Replenishes supportive vitamins and minerals in the liver for optimum functions.

### ALKALINISING EFFECT

- Neutralises the acidifying effect of high fat, high protein diets.
- Relieves body odour, bad breath, sore throats, indigestion and fatigue.

### REDUCES INFLAMMATION

- Reduces inflammation in joints.
- Strengthens the immune system.

### AIDS IN DIGESTION

- Relieves bloating and excess gas.
- Promotes a highly functioning digestive system.

### BOOSTS IMMUNE SYSTEM

- Stimulates production of white blood cells.<sup>1</sup>
- Acts as antioxidant to combat oxidative stress.<sup>1</sup>



**Reference:**

1. Kundan Singh Bora & Anupam Sharma (2011) Phytochemical and pharmacological potential of Medicago sativa: A review, *Pharmaceutical Biology*, 49:2, 211-220, DOI:10.3109/13880209.2010.504732.