







- Calories  
330
- Protein  
32g
- Fiber  
31g
- Vitamin A  
810%
- Vitamin C  
50%
- Calcium  
45%
- Iron  
130%
- Magnanese  
380%

# Barley Grass

-  High in protein, fiber, vitamin A, iron and manganese
-  High manganese helps regulate blood sugar
-  11x the amount of calcium than cow's milk
-  Contains chlorophyll, a natural detoxifier of the intestines

