



**Calories**  
429






**Protein**  
28.6g

**Fiber**  
28.6g

**Riboflavin**  
436,975%

**Niacin**  
36,000%

# Oat Grass

-  High in protein, fiber and hard to find flavones and antioxidants
-  Powerful chlorophyll effectively detoxes the liver and intestine by removing chemical neurotoxins that compromise the blood and gut
-  Rich in tricine, a flavone that relaxes the smooth muscle and eases gastrointestinal cramping
-  More fiber than 11 cups of broccoli
-  As much protein as half a steak

