



SPINACH POWDER

Common Uses

Although Spinach is usually thought of as a food product, it can also be used medicinally and for its nutritional properties. It is excellent source of vitamins, minerals, antioxidants, builds red blood cells, boosts the immune system, provides energy, and contains chlorophyll. The leaves contain Protein, Iron, Fiber, Vitamin C, Vitamin A, Vitamin C, Vitamin K, Sodium, Folic Acid, Manganese, Calcium, Phosphorus, Sodium, Beta-carotene, Potassium, Thiamine, Riboflavin, Carotenoids, Niacin, Chlorophyll, Antioxidants, Lutein, Phytochemicals, and Lipoic acid.

Spinach contains a plethora of nutritional and medicinal properties which help to strengthen our immune system, boost energy levels, and provide our bodies with necessary vitamins and minerals. In some experiments, Spinach has proven to be effective for hypoglycemia, cataracts, heart disease, cancer, memory loss, stroke, osteoporosis and bone loss, increasing brain function, age-related cognitive problems, and circulation. The leaves are also used for their laxative and cooling properties, anemia, indigestion, to detoxify and cleanse the colon, in the treatment of difficult breathing, inflammation of the liver, jaundice, febrile conditions, urinary calculi, inflammation of the lungs, arthritis, and it relieves the temporary symptoms of asthma and allergies.

Precautions

Those with a tendency towards rheumatism, arthritis, gout, kidney stones or hyperacidity should take caution if including this plant in their diet since it can aggravate their condition. The leaves of most varieties of spinach are high in oxalic acid.

Common Dosages

Capsules: Take 1-2 450mg capsules 1-2 times daily

Powdered Spinach may be added to smoothies, stir fries, soups, casseroles, salad dressings, or other dishes.

This information is for informational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. Always consult your physician before taking any medicine, herbal or otherwise.

