

Why You Should Have

Wheatgrass

In Pregnancy



Wheatgrass has anti-inflammatory and antioxidant properties, which may help soothe sore muscles and joints in pregnancy



It contains a group of compounds called phytochemicals, which improve immunity, protecting you and your baby



It contains compounds and properties that may help regulate blood sugar and red blood cell production



The vitamin and micronutrient content may benefit the mother's and baby's healthy development



Wheatgrass contains amino acids, which are essential for several organ systems of the mother and the fetus

Reference:

1. Is Wheatgrass Worth the Hype? 7 Benefits; Cleveland Clinic
2. The Medical Use of Wheatgrass: Review of the Gap Between Basic and Clinical Applications; NCBI
3. Wheat Grass; Illinois State University