

Organic Jade Greenzymes

(Baby Barley Grass)

3 tsps contain:

the **manganese** that you would find in 6 beets

the **zinc** contained in one cup of brown rice

the **phosphorous** of 6 apples

the **iron** of one artichoke

the **magnesium** of 5 stalks of celery

the **beta-carotene** of 4 large carrots

the **potassium** of 3 bananas

the quantity of **protein** in one egg

the **calcium** of 125 ml of milk

copper

the **niacin** (Vitamin B3) of 4 lobsters

the **pantothenic acid** (Vitamin B5) of 4 cabbages

the **folic acid** found in 9 cups of wheat pasta

the **vitamin E** of 15 lettuces

the **vitamin C** of an orange

the **riboflavin** (vitamin B2) of 16 asparagus spears

the **thiamin** (vitamin B1) of 2 slices of whole wheat

bread

the **pyridoxine** (vitamine B6) of 2 pieces of salmon

the **vitamin H** of 3 tomatoes

The quantity is not as important as the **SYNERGY** of the ingredients working together.