

ALFALFA **Guaranteed.** If not 100% satisfied, return for a full refund.

A Truly Marvelous Food -- A Mineral Bouquet!

Our modern western culture has considered alfalfa only as the food of cows and horses, but is now rediscovering the value of alfalfa. It's high mineral density causes it to be referred to as a "mineral bouquet."

Alfalfa has been given many nicknames:

Nature's Anti-inflammatory
Nature's Blood Purifier

Nature's Digestive Aid
Nature's Antihistamine

Nature's Diuretic
Father of All Foods

King of the Plant World

BENEFITS

Anti-inflammatory. Saponins, chlorophyll, and the smorgasbord of minerals present in alfalfa can help reduce inflammation anywhere in the body. Used therapeutically, many have reported wonderful reduction in inflammation.

Digestive Aid. Alfalfa contains an abundance of digestive enzymes involved in the digestion of protein, fat and starch (lipase, amylase, protease, coagulase, emulsin, invertase, peroxidase, pectinase, and cellulase). The absence of enzymes is one of the primary causes of indigestion, gas and general abdominal discomfort. Freely used, the alkaline nature of Alfalfa can replace antacids.

Pain Relief. Many suffering with rheumatoid arthritis, gout, and rheumatism have experienced relief because alfalfa aids in regulation of the alkaline/acid balance in the body. It helps dissolve uric acid so it passes through the kidneys. Excessive uric acid in joints causes inflammation and pain. It contains an "anti-stiffness factor" which relieves stiff joints.

Kidney and Bladder Benefits. Alfalfa increases one's alkaline reserves. It is especially beneficial to the kidney and bladder because it makes the urine less acidic, therefore less irritating to the urinary tract. The average vegetable is from 1 to 10 units alkaline, alfalfa is 130 units alkaline. It increases the kidney's filtration rate.

Anti-histamine Affect. The mineral balance and enzymes in alfalfa have offered a natural relief for many with allergy and sinus problems. Many are looking for alternatives to over-the-counter antihistamines (that carry a warning of nerve cell damage and bone marrow damage over time).

Natural Diuretic. The high mineral content helps maintain the delicate water balance in the body. The potassium and essential electrolytes help prevent water retention.

Blood Purifier / Toxin Relief. Chlorophyll, plentiful in alfalfa, is known as a body cleanser, infection fighter, and nature's deodorizer. Many report reduced odors from the body, breath and feet.

Stomach Ulcer Relief. Alfalfa contains Vitamin U, thought to be responsible for remarkable healing to stomach ulcers.

Improved Skin and Mucosal Health (including blemishes). Alfalfa contains Vitamin A, important in building healthy skin both inner and outer. Due to its blood purifying ability, it has a mild antibiotic effect toward pathogenic bacteria, and has helped reduce skin blemishes. Mucous membranes such as the linings of the throat, nose, stomach and intestines, are also all improved.

Reduced Hypertension. (High blood pressure) is caused by many factors. Alfalfa provides magnesium and potassium, which relaxes arterial muscles, and can therefore provide an important benefit to those who suffer with hypertension.

SHAKLEE QUALITY FIVE ESSENTIAL QUALITY CONTROLS

Organically Grown. Most alfalfa crops are heavily sprayed with toxic chemicals for weed and pest control. Shaklee uses only organically grown alfalfa out of California's fertile Antelope Valley.

Highest Chlorophyll Content. For the highest amount of chlorophyll content in the leaves, harvest must occur at peak maturity. Shaklee only harvests at peak maturity.

Mature Plants Only. Many "green" health drinks are made from the green leaves of young plants. The concentration of nutrients is much less in the green leaves of shallow-rooted, young green plants. Shaklee uses only mature, 5 to 7 year old alfalfa plants.

Leaves only (No stalk or stems). Once the plants are harvested, and cured/dried, ONLY the leaves should be separated from the less desirable stems and stalk of the plant. Shaklee uses ONLY the nutrient dense leaves, which they mill into a green colored alfalfa flour and then press it into a tablet form.

Cold Process. If the harvesting, drying, and tableting process is done carefully and without high heat, the tablets will not only contain a nutrient smorgasbord, but also be very rich in essential plant enzymes, which are the organic catalysts that promote chemistry balance in the body. To protect the delicate plant enzymes, Shaklee GUARANTEES low temperature processes.

SUGGESTED USE Alfalfa tablets are much more convenient to swallow, and much less mess than trying to mix green powder (that does not taste very good) into drinks, etc. The recommended amount is 1 tablet per 10 pounds of body weight. This is a great guide for the average healthy person who wants to maintain good health. More can be used based on need.

SUPPLEMENT FACTS 5 tablets = 1 teaspoon Alfalfa Leaf Powder
15 tablets = 1 tablespoon Alfalfa Leaf Powder

NOTES Alfalfa the "mineral bouquet"

Minerals are elements in our food system that cannot be produced by the body, but are absolutely critical to health. No matter how tiny the amount required, each of the essential trace elements must be provided by the diet. Quite simply, we cannot experience health without them.

Processed foods and foods grown on overworked or depleted soil yield very few of these precious minerals. As a result, our diets are seriously deficient in minerals, which is one of the principle contributing causes of degenerative disease and joint & muscle pain. Alfalfa tablets are inexpensive, so they can be used generously without breaking the budget.

The Great Healer. Why is ALFALFA such an AMAZING TONIC?

Alfalfa roots are "Nature's Miners". Even though the alfalfa plant itself grows only 2 to 3 feet above the surface of the soil, the roots of a mature plant (5 to 7 years old) can penetrate and "mine" the soil as deep as 20 to 60 feet, seeking out precious elements including; iron, copper, zinc, iodine, chromium, molybdenum, selenium, manganese, potassium, calcium, phosphorous, magnesium, protein amino acids, Vitamins A, B1, B2, B6, B12, C, D, E, K, U, niacin, pantothenic acid, inositol, biotin, folic acid, etc. The leaves are the storehouses for these nutrients.

"GREEN" drinks made from a variety of plants are very popular on the health market today. However, the leaves of MATURE alfalfa plants have been recognized for centuries as "The King of ALL Plants". This is due to the deep root of the mature alfalfa plants.

People who suffer with lupus should not eat alfalfa sprouts. The stimulatory affect of the sprout can increase this autoimmune disease. The leaves of a mature plant are beneficial for lupus, because they are anti-inflammatory.

Disclaimer: The information provided is for educational purposes only. It is not intended to be prescriptive or substitutionary for health care by a medical doctor. Persons wishing to follow any advice should do so strictly of their own accord. The contents herein do not prescribe the use of any technique as a form of treatment, nor does it dispense medical advice as a form of treatment for medical problems without the advice of a physician, either directly or indirectly.