



HEALTH BENEFITS OF SPINACH

- Spinach is packed with powerful nutrients and is an excellent source of folate, vitamin A, iron and vitamin K. Like other leafy greens, spinach also provides fiber, magnesium and calcium.

- Alkalizes the Body
- lower blood pressure
- fight psoriasis, acne and wrinkles
- fights atherosclerosis, cardiovascular disease and stroke
- aids in digestion, prevents constipation and maintains
- low blood sugar
- high in iron
- contains vitamin-B6, B-1, riboflavin, folate and niacin
- rich source of omega-3 fatty acids
- anti aging
- strengthen the eyes