WHY YOU SHOULD BE EATING MORE PARSLEY

Because of parsley's combination of vitamins, flavonoids & nutrients like chlorophyll, it has the power to help purify the liver, blood and kidneys, as well as anti-inflammatory properties that aid everything from urinary tract infections to swollen gums. It also has 3 times the vitamin C by volume as an orange. That's just the beginning. Forget about garnish, use it in your next veggie juice and take reap the benefits of this unlikely superfood.