

Nutritive tonic

- MINERALS
- CHLOROPHYLL
- VITAMINS



Alfalfa has been used in China since the sixth century to treat kidney stones, and to relieve fluid retention and swelling. It is a perennial herb that grows throughout the world in a variety of climates. Alfalfa grows to about 3 feet and has blue-violet flowers that bloom from July to September.

The leaves of the alfalfa plant are rich in minerals and nutrients, including calcium, magnesium, potassium and carotene (useful against both heart disease and cancer). Leaf tablets are also rich in protein, eight essential amino acids, vitamins E and K. Alfalfa extract is also used as a source of chlorophyll and carotene.

Alfalfa contains the amino acid L-canavanine. Studies on canavanine have demonstrated benefits for pancreatic, colon and leukemia cancers. Plant estrogens are also abundant in the sprouts. They increase bone formation and density and prevent bone breakdown or osteoporosis. They are also helpful in controlling hot flashes, menopause, PMS and fibrocystic breast tumors.

Alfalfa is a good laxative and a natural diuretic useful in the treatment of urinary tract infections, bladder and prostate disorders and cleaning the kidneys. It alkalizes and detoxifies the liver, promotes pituitary gland function and contains an antifungus agent.

This versatile herb is also a folk remedy for arthritis, diabetes, asthma, hay fever, and is reputed to be an excellent appetite stimulant and overall tonic. It is an excellent source of nutritive properties with minerals, chlorophyll and vitamins. Alfalfa is high in chlorophyll and nutrients.

Treating with alfalfa preparations is generally without side effects – however the seeds contain a slightly toxic amino acid, L-canavanine.

Each tablet contains:

Medicago sativa (Alfalfa) (aerial parts) certified organic 585 mg

Suggested use:

Adults: Take 2 tablets three times daily with meals or as directed by your health care practitioner.

Contains no: Preservative, artificial colour or flavour, soy, wheat, corn or dairy.

Do not use if you have a history of systemic lupus erythematosus. Do not use if you are pregnant or breast-feeding. Do not use if seal is broken. Keep out of reach of children.

Manufactured under strict GMP (Good Manufacturing Practices)

New Roots Herbal at 1-800-268-9486 or www.newrootsherbal.com