

NUTRITIONAL BENEFITS OF CHLOROPHYLL AND MINERAL ELEMENTS IN WHEATGRASS

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Abstract. *Wheatgrass (WG) is a food derived from the plant *Triticum aestivum* and is considered a powerful health food with various benefits for human health. Due to its high concentration of essential nutrients, including chlorophyll and a wide range of minerals, it has become a superfood. This review explores the nutritional benefits of WG, focusing on its rich chlorophyll content, a green pigment with detoxifying and antioxidant properties, and its significant levels of minerals such as calcium (Ca), magnesium (Mg), copper (Cu), zinc (Zn), phosphorus (P), manganese (Mn), selenium (Se), potassium (K), and iron (Fe). Chlorophyll is known for its ability to enhance oxygen transport in the body, support liver detoxification, and promote cellular health. The mineral composition of WG contributes to bone health, muscle function, and electrolyte balance. Moreover, WG is valued for its role in boosting immunity, increasing energy levels, and improving digestion. The synergy between chlorophyll and essential minerals makes WG a valuable nutritional supplement, supporting metabolic processes and overall well-being. This review highlights the potential health benefits of WG as a nutrient-dense natural food, with a promising role in disease prevention and health promotion.*

Keywords: wheatgrass, chlorophyll, nutritional benefits, minerals, mental health.

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