

## CERTIFICATIONS:



**HACCP, GMP, HALAL and Organic Certified**  
HACCP = Hazard Analysis & Critical Control Point  
GMP = Good Manufacturing Practice (as per WHO)  
**HACCP and Organic certified by:** Control Union,  
(CU), The Netherlands. (accredited by European RvA)



IN-BIO-149  
Non EU Agriculture



- Organic foods are produced without the use of artificial fertilizers, synthetic pesticides & growth promoters.
- They taste better, provide more nutrition, have better keeping quality & are safe against any harmful effects.

## BENEFITS OF WHEATGRASS POWDER:

**One product having multiple health benefits such as:**

- Helps strengthen natural immune (resistance) system.
- Helps in detoxification & thus reduces stress, tension, foul odors of breath & sweat.
- Helps maintain blood pH conditions towards alkaline.
- Increases blood Haemoglobin count, helps combat Thalassemia & Anaemia.
- Helps resolves digestion related problems such as Diabetes, Piles (Hemorrhoids), Colitis, Acidity, Ulcers, etc.
- Supplements intake of dietary fibre which helps control Blood Sugar, Cholesterol level & prevent Constipation.
- Helps to combat diseases such as Cancer, Leukemia, Arthritis, Insomnia, Asthma, Menstrual problems, etc.
- Highly effective for weight loss / gain along with diet plans.
- Helps improve reproductive health of both men & women, increase vigour, vitality & helps conceive.
- Paste of Wheatgrass Powder, made with milk & a pinch of Turmeric, applied like a face pack helps overcome skin problems such as acne, black / white heads, freckles, skin tan / burn, etc.
- Helps cure skin diseases, improves skin & muscle tone.
- And the list goes on.....



### Packing Options:



100 g zip lock Pouch



3 g x 30 Sachet Pack



100 g Bottle

## WHEATGRASS POWDER...

Super Healthy, Super Convenient & Super Economical.

Helps maintain health & promotes healing.

1 spoon / sachet (3 g) Powder = 40 g fresh Wheatgrass.

100 g Powder = 23 kg vegetables in nutrition.

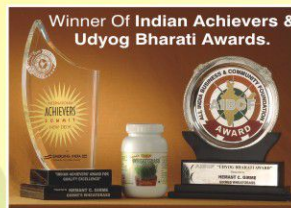
Wheatgrass contain more than 90 different nutritious substances and 19 Amino Acids including 9 EAA (Essential Amino Acids).

Wheatgrass Powder is a naturally rich source of Vitamins, Minerals, Amino Acids, Enzymes, Chlorophyll and Dietary Fibre.

The molecular structure of Chlorophyll contained in Wheatgrass bears a close resemblance to the substance called Hemin contained in human blood. Dieticians therefore call Wheatgrass as 'green blood'.

Wheatgrass Powder is more effective than its tablets, capsules & traditionally known fresh Wheatgrass juice!

Our dealer in your city:



**Girmes's WHEATGRASS®**

110, Raviraj CRU Mall,  
Ganga-Lullanagar Road,  
Market Yard, Pune - 411037, INDIA.  
Mob: +91 9922721112

Email: [gwg.ceo@gmail.com](mailto:gwg.ceo@gmail.com)

[www.girmeswheatgrass.com](http://www.girmeswheatgrass.com)

Unit Address: Girmes's Wheatgrass,  
At. Anandnagar, Akulj - 413101,  
Dist. Solapur, Maharashtra, INDIA.

REGP Unit Reg. with:  
Maharashtra State Khadi & Village Industries Board.



**A concept of Nature Cure**

Exporting to 40+ Countries Worldwide



Pure Veg.



*'Nature's Gift to Mankind'*

**Girmes's WHEATGRASS® Powder**



**Natural Food Supplement**

**Raw | Vegan | Gluten Free**

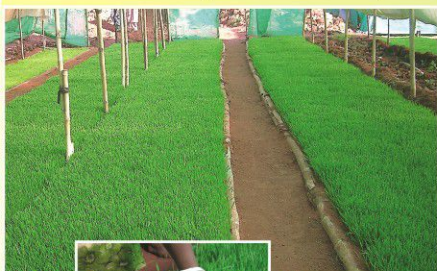
Available: Pvt. Label / OEM / Bulk Supply



## Welcome to Girme's Wheatgrass !

Own organic farm & pioneers of  
Wheatgrass Powder since 1998

**Tropical Wheatgrass** - Rich in chlorophyll and 'sun engery'.  
Grown on organic soil beds all year round for 7 days only.



The indigenous  
process refined by  
years of perfection  
ensures that the  
beneficial nutrients are  
retained in our Girmes  
Wheatgrass Powder.



Harvested on 8<sup>th</sup>  
day, dehydrated  
naturally in poly  
film house at  
Temp. less than  
45° C and grinded  
into fine powder.



## CONCEPT OF WHEATGRASS:

Diet occupies an important place during sickness and healthy condition. The Father of modern medical science and the great Greek philosopher Hippocrates rightly said **"Let thy food be thy medicine"**. Our body has the inbuilt ability to heal itself if provided proper nutrition, environment and exercise.

Wheat Grass is known for its therapeutic value since ancient times under Naturopathy (Nature Cure) which is a branch of Ayurveda. It has been traditionally suggested to be taken as fresh juice / shots for health and healing benefits.

Dr. Ann Wigmore (1909-1994), Boston, USA; is considered the chief exponent of Wheatgrass in modern times. The extensive research done by her promoted Wheatgrass being hailed as **-Panacea on Earth !**

The common observation that dogs and cats nibble on grass, presumably when ill, strengthens our belief in the healing power of grasses.

## NUTRITIONAL FACTS:

**Common name:** Wheatgrass / Wheat Grass Powder.  
**Botanical Latin Name:** *Triticum Aestivum* Powder.

**NOTE:** The results shown here are for a limited number of commonly known nutrients. Wheatgrass Powder certainly contains many more nutrients than we can test for.

% Daily Value (DV) not established.

Contents are per 100 g

PHYSICAL	CONTENTS
Particle size	70 Micron
pH (10 % solution)	7.20
Artificial colour, preservative, flavor	Absent

NUTRIENTS	CONTENTS	VITAMINS	CONTENTS
Proteins	36.29 g	A	12.55 mg
Carbohydrates	49.23 g	B <sub>12</sub>	1.08 µg
Calories	340.57 kcal	C	185.62 mg
Total dietary fibre	9.15 g	E	9.245 mg
Chlorophyll (dry basis)	6.19 g	B <sub>17</sub>	2.62 µg
Fat	1.20 g	B <sub>9</sub> (Folic Acid)	21.95 µg

MINERALS	CONTENTS	AMINO ACIDS	CONTENTS
Calcium (Ca)	436.25 mg	Histidin	688.10 mg
Potassium (K)	2954.2 mg	Isoleucine	1271.45 mg
Iron (Fe)	234.51 mg	Leucine	2657.21 mg
Sodium (Na)	82.50 mg	Lycine	1415.24 mg
Zinc (Zn)	1653 mg	Threonine	1524.79 mg
Magnesium (Mg)	101.24 mg	Tryptophan	215.99 mg
Selenium (Se)	63.89 mg	Valine	1741.28 mg
Phosphorous (P)	410.25 mg	Methionine	690.24 mg
Copper (Cu)	49.67 µg	Tyrosine	290.45 mg
Sulfur (Su)	11.56 mg	Alanine	2601.24 mg
Iodine(I)	1.12 µg	Proline	1708.34 mg
Manganese(Mn)	4.32 µg	Serine	1160.42 mg
		Phenylalanine	1342.57 mg

## ORGANIC CERTIFIED and GLUTEN FREE Product

Free from any harmful Heavy Metals or Pesticides & Allergens

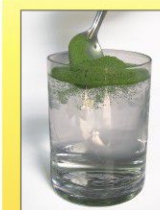


Wheat seeds - Day 1



Wheat sprouts - Day 3

## DIRECTIONS FOR USE:



For best results, mix  
1 spoon / sachet (3 g)  
Wheatgrass Powder in  
a glass having 275 ml  
warm water & drink  
on an empty stomach.

1 spoon / sachet = 3 g Powder



1 pack = 30 days supply.



- A tsp of honey may be added to enhance taste.
- Avoid food for half an hour before & after.
- Some persons may experience nausea or irregular bowel movement in the first few days. In such cases, reduce the quantity to less than half a spoon / sachet and increase gradually as your body gets accustomed to the product.
- **SAFE** for children above 1 yr, the elderly, infirm & women trying to conceive, during pregnancy & breast-feeding.

## SUGGESTED QUANTITY:

- A Normal People** (For general wellness):  
**For 1 month** - 1 spoon / sachet in morning,  
**Then** - a) Continue the Wheatgrass Powder all year.  
b) If you want to take a break, then repeat the course (1 bottle / 30 sachet pack) after a gap of every 5-6 months.  
**No harmful side effects even if taken daily for long time.**

- B For help in Health Problems:**  
**First 5 days** - 1 spoon / sachet in morning,  
**6<sup>th</sup> - 10<sup>th</sup> day** - 1 spoon in morning and evening,  
**11<sup>th</sup> - 15<sup>th</sup> day** - 2 spoon in morning and 1 in evening,  
**16<sup>th</sup> - 90<sup>th</sup> day** - 2 spoon / sachet in morning & evening,  
**Then** - a) Reduce Wheatgrass Powder quantity gradually & stop if desired result is achieved OR  
b) Continue at least 1 spoon / sachet Wheatgrass Powder daily as part of an ongoing health program.

## For best results -

- Wheatgrass Powder therapy should accompany a healthy diet consisting of vegetables, green salads, soups, rice, sprouts, breads (*Roti / Chapati*), fruits, juices, dry fruits, etc.
- Avoid or reduce to intake of bakery products, fried foods, spicy foods, non-veg, alcohol, tobacco, etc.