

## A REVIEW

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# Wheatgrass: Magic of green

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**ABSTRACT :** Wheatgrass (*Triticum aestivum* L.) refers to young grass of the common wheat plant. It is the nature's finest medicine used for human consumption in the form of dried powder, pills or fresh juice. It is a powerful health food supplement packed with nutrients and enzymes. Being similar in structure to haemoglobin it provides numerous positive health effects to the human body. Wheatgrass is excellent source of phytonutrients and antioxidant which play a major role in cure and control of degenerative diseases. The chlorophyll present in the wheatgrass is a magic ingredient which holds the capacity to fight with various diseases and disorders with its anti-inflammatory, antioxidant, anti-carcinogenic, immune-modulatory, antibacterial and anti-aging properties.

**KEY WORDS :** Wheatgrass, Powerful health food

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