

# Alfalfa

100 capsules, Single herb, Stock No. 30-2

**A**lfalfa is a highly valued legume forage. It has been heralded as having the highest feeding value of all commonly grown hay crops.<sup>1</sup> The plant was used by Arabs as feed for horses because they claimed it made their horses swift and strong. They named the herb al-fal-fa which means “father of all foods.”<sup>2</sup>

## *Did you know?*

Alfalfa is a rich storehouse of nutrients, having a deep tap root which can grow down into the soil as far as 60 feet. Alfalfa’s high nutritive value includes vitamins A, B1, B3 (niacin), B5 (pantothenic acid), B6, B9 (folic acid), B12, C, D, E, and K, as well as biotin, amino acids, chlorophyll, digestive enzymes, and protein. Alfalfa also contains the major minerals calcium, copper, iron, magnesium, phosphorus, potassium, and zinc, as well as numerous trace minerals.

## *NSP Advantage*

100 capsules. Single herb..

*Ingredients:* 340 mg of the finest whole alfalfa (*Medicago sativa L.*) available.

*Recommendation:* Take 10 capsules with a meal three times a day, or as desired as an addition to the everyday diet.

1. Duke, J.A., Handbook of Medicinal Herbs, Boca Raton, CRC Press, Inc., 1985, 299-300.

2. The Lawrence Review of Natural Products. Alfalfa monograph., St. Louis, MO: Facts and Comparisons 1991

## Features & Benefits

- An excellent nutritive plant that can be incorporated into the everyday diet.
- Traditionally used for all types of inflammation including arthritis, gout, and rheumatism.