

## Oat grass powder

Cat. No. EXTZ-312

Lot. No. (See product label)

### Introduction

#### Description

Oat grass also known as arrhenatherum. It is extremely rich in antioxidants particularly one called tricin, which exerts smooth muscle relaxing properties, making it beneficial for gastrointestinal cramping. It is also a great source of both soluble and insoluble fibre. Insoluble fibre isn't broken down by the gut and absorbed into the bloodstream.

### Product Information

#### Form

powder