Creative Enzymes®

Beetroot Powder

Cat. No. EXTC-103

Lot. No. (See product label)

Introduction

Description

Beet root powder is an excellent source of folate and a good source of manganese, and contains betaines which may function to reduce the concentration of homocysteine, a homolog of the naturally occurring amino acid cysteine. Beetroot powder is rich in nutrients, offers various health benefits. Apart from the health benefits, Beet root powder is found to be used as food colorants and as a traditional home remedy. The following are some of the health benefits of beetroot. Beetroot powder benefits for skin includes its cleansing action, which helps in eliminating toxins from the body.