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Spinach has always been known for its fine cleansing, building, and nourishing properties for the digestive tract, intestines, and colon. When properly prepared, spinach is highly beneficial in correcting many common ailments.

**GREEN, LEAFY GOODNESS:**

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**A GREAT SOURCE OF PROTEIN:**

Spinach is one of the most nutrient-packed vegetables and its raw juice is an excellent source of chlorophyll. It is also a superb source of vitamins A, B complex, C, E, K, carotenes, folate, manganese, calcium, iron, iodine, magnesium, phosphorus, potassium, sodium, some trace elements, and many valuable amino acids. The minerals in spinach are highly alkaline, making it helpful in regulating the body’s pH. It supplies the same amount of protein as you would get from the same quantity of meat. Spinach is a cheaper and healthier alternative to getting protein.

Source: http://www.ouijuice.com/spinach/?utm_source=rs&utm_medium=rs&utm_campaign=spinach