

ASHITABA

It is rich in vitamins, minerals and protein.

We only use high-quality Ashitaba leaves that are pesticide-free.

Ashitaba, a rare gem in the world of nutrition, boast five times the vitamin A potency of carrots, the vitamin C of four lemons, eight times the potassium of bell peppers, the vitamin B2 of 28 cloves of garlic, and the iron of three bunches of spinach. Moreover, Ashitaba offers a comprehensive nutritional profile rich in nutrients such as vitamins essential for health and beauty, as well as dietary fibre and minerals. They also boast a high antioxidant effect that is twice that of prunes and six times that of kale, ensuring a robust health boost.



