

## Amaranth Kharkovskiy



Miraculous food plant - one of the superfoods

Rating: Not Rated Yet

**Price**  
0,50 €

Discount: -0,50 €

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Manufacturer: [Verbitskiy family estate](#)

Description The image of amaranth used to be a symbol of immortality, and in the homeland - in South America where throughout eight thousand years until it was conquered by Europeans, they named it "Golden grain of God", "Wheat of Aztecs", "bread of Incas". It was a basis of their vegetative diet after corn, and for the set of its nutritional and medical properties it was praised much more than any other food plant. Any part of the plant, roots, stems, leaves, flowers and seeds may be used for benefit of a human being.

Amaranth is the best natural source of squalene - upto 8% compared to 1.5% in shark liver.

Other properties.

1. **Gluten Free** – Amaranth isn't really a grain and it does not have the sometimes troublesome proteins you find in wheat, rye, and barley. Amaranth flour can be used to thicken soups, sauces, and more. It can also be used with other gluten free flours and gums in baking.
2. **Cholesterol** – The oils and phytoesters in amaranth help lower cholesterol levels, including LDL and triglycerides.
3. **Inflammation** – The anti-inflammatory properties of peptides and oils in amaranth can ease pain and reduce inflammation. This is especially important for chronic conditions where inflammation erodes your health, such as diabetes, heart disease, and stroke.
4. **Cancer** – The same peptides in amaranth that protect against inflammation may also help prevent cancer. The antioxidants in this grain may even help protect cells from other damage that can lead to cancer.
5. **Blood Pressure** – The fiber and phytonutrients in amaranth lower blood pressure according to some recent studies. This seed tackles cholesterol, inflammation, and blood pressure, making it an all-around good food for heart health.
6. **Protein** – Amaranth is a very rich source of protein and this protein is also highly bioavailable. The protein in amaranth is more digestible than other seeds and grains and has been compared to the digestibility of milk protein.
7. **Lysine** – Vegetables and grains are often lacking in this essential amino acid. Amaranth has a good amount of lysine which helps the body absorb calcium, build muscle, and produce energy.
8. **Fiber** – Amaranth is a high fiber food. This makes it filling and means it aids digestive health, cholesterol, blood pressure, and slows the absorption of sugars to let the body keep up with energy production.
9. **Minerals** – Amaranth is a very rich source of minerals like calcium, magnesium, and copper. It is also a good source of zinc, potassium, and phosphorus. These build strong bones and muscles, aid hydration, boost energy, and are vital in thousands of processes throughout the body.

### Reviews

There are yet no reviews for this product.