

Arugula



Vitality Farms
Company



Considered as one of the most useful and healthiest natural superfood, this plant adds a health supplement to a variety of menus. Arugula is also known as rocket. The Arugula microgreen is flavorful with a peppery taste. The leaf is similar to the oak leaf. It is a great source of folic acid, iron, copper and a variety of minerals and vitamins A, C and K.

HEALTH BENEFITS

- • Boost for bone and brain health
 - • Detoxifying food
 - • Reduce risk of cancer
 - • Boosts healthy bones
 - • Antioxidant
 - • Improves eyesight
 - • Good for healthy skin
 - • Improves mineral absorption
 - • Activates the immune system
 - • Beneficial for weight management
 - • Natural aphrodisiac
 - • Lowers blood pressure
 - • Protects the aging brain and cognitive decline
 - • Reduces the amount of oxygen needed during exercise & enhances athletic performance
 - • Helps keep body hydrated
- <http://www.microplantsrobert.com/en/microgreens-aragula.html>

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