

Turnip



Turnip microgreen are an excellent source of vitamin K, vitamin A (in the form of beta-carotene), vitamin C, folate, copper, manganese, dietary fiber, calcium, vitamin E and vitamin B6. They are a very good source of potassium, magnesium, pantothenic acid, vitamin B2, iron and phosphorus. Additionally, they are a good source of vitamin B1, omega-3 fatty acids, niacin and protein.

HEALTH BENEFITS

- Antioxidant
- Anti- Cancer activities
- Maintains healthy skin
- Prevents retinal detachment
- Protection against macular degeneration
- Promotes bone health
- Treatment for Alzheimer's disease
- Promotes weight loss
- Improves iron absorption
- Lung health
- Prevents excessive bleeding
- Increases red blood cell production
- Regulates blood cholesterol
- Protects against harmful bacteria

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