

Corn



Vitality Farms
Company



Corn is one of the most popular cereal in the world. The corn micro-green adds a sweet delicious flavor to your meals and embellishes plates delicately with its long golden leaves. Easy to serve fresh even to people that do not enjoy veggies.

Known as a beneficial source of calories. Contains ferulic acid, Iron, beta-carotene and a wide variety of minerals and vitamins A, B, E, including Thiamin and Niacin.

HEALTH BENEFITS

- Improves bone strength
- Help control diabetes
- Reduces hypertension
- Helps prevent anemia
- Antioxidant
- Contributes in fighting tumors that leads to breast cancer as well as liver cancer
- Boosts the immune system
- Help maintain good vision
- Recommended for a healthy skin
- Prevents constipation
- Reduces risks of hemorrhoids
- Lowers risk of colon cancer
- Reduces cholesterol absorption in body
- Reduces risk of various cardiovascular diseases
- <https://microplantsrobert.com/en/microgreens-corn.html>

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