

# Radish



Vitality Farms  
Company



Radish is well known all around the world. The radish microgreens are very nutritious and popular. Many varieties of radish are available with different colors from ranges of red-pink-purple to yellow and green. The radish microgreen is crispy, and its taste is sweet and pleasantly peppery also. The radish microgreen is a good source of vitamin C, energy and carbohydrates. It also contains zinc, potassium, folate, manganese, copper, sodium, phosphorus, dietary fiber, niacin, riboflavin, vitamin B1 & B6, calcium, iron, magnesium and so much more.

## HEALTH BENEFITS

- • Natural diuretic
- • Anti-fungal and anti-bacterial
- • Detoxifying food
- • Has anti-inflammatory properties
- • Helps prevent lung cancer
- • Recommended in jaundice treatment
- • Contributes to purifying the blood
- • Beneficial for weight management
- • Proven to be beneficial in urinary disorders
- • Helps with constipation
- • Helps cleanse the body
- • Soothes the digestive system
- • Relieves congestion, good for allergies, infections or colds
- <http://www.microplantsrobert.com/en/microgreens-radish.html>

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