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# Health Benefits

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## Vitality Farms Company

Vitality Farms Company is a family business based in Lakeland, Florida. We offer Non GMO, pesticide free products of the highest quality. Our wide variety of fresh microgreens are available year-round.

Passionate about constant improvement of our products and services, we listen to our customer's request to enhance our variety of natural, fresh and tasty products to incorporate into a healthy daily diet.

### **All our products are pesticide-free, and no chemical fertilizer are used.**

Our microgreens are grown in our facilities controlled for their optimal development. Our constant researches for new varieties and product optimization allow customers to enjoy the highest quality products that allows them to enhance their culinary creations.

### **What are Microgreens?**

Microgreens are a tiny form of edible greens produced from the seeds of vegetable, herbs or other plants. They are not the same as sprouts. Microgreens are grown in soil or on a micro mat growing pad to a stage of development in between a sprout and a baby green. Microgreens have much stronger, more developed flavors than sprouts. They contain their dense nutritional value but are topped off with an extra boost of life sustaining chlorophyll. Chlorophyll is defined as "nature's greatest healer" since it contains more healing properties than any other element.

### **Health benefits**

Studies have proven that microgreens contain from 4 to 40 times more vitamins, enzymes, minerals, antioxidants and beneficial properties than its equivalent product grown to maturity. <https://agnr.umd.edu/news/mighty-microgreens>

Multiple studies continue to reveal the still unknown properties of these small superfoods that deserve to be included in our daily diet. The health benefits are extraordinary. Each plant has its own benefits, but in combining a variety of shoots, it just makes you feel even better. Impress your family and friends with new tasting creations accompanied by microgreens.

Microgreens deliver nutrients that are important for eyes, skin, bones, healthy digestion, reducing inflammation, preventing cardiovascular disease, fighting cancer, and strengthening the immune system. Sunflower greens are one of the most complete foods on earth and the most nutritious of all sprouts. Pea shoots are second in overall nutrition.

### **Let's eat!**

The possibilities are endless: in smoothie, in salads or in your sandwich or burger, or simply to accompany your hot meal, or create a gourmet piece.

Since microgreens add exclusive flavors, fine restaurants reserve them a place of choice when it comes to perfume refined dishes and enhance creative presentations. Since they have a delicate and fresh appearance, microgreens allow you to add beauty and personality to your culinary creations while enjoying all the great benefits for your health.



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# Flavor Profiles

**Arugula** microgreens develop an intense peppery flavor that gets milder as it grows taller.

**Amaranth** microgreens have a nutty, rich flavor and are 15% protein.

**Basil** microgreens may taste somewhat like anise, with a strong, pungent, often sweet smell. They are excellent for adding abundant flavor to Italian dishes.

**Beet** microgreens taste like a sweet mixture between root beets and spinach.

**Broccoli** microgreens has a delicious mild, fresh cabbage flavor.

**Corn** microgreens have an amazingly sweet and delicious corn taste.

**Chard** microgreens a mild delicate spinach flavor.

**Chinese Mahogany** microgreens the flavor is like roasted garlic with a hint of nuttiness.

**Cress** microgreens have an intense peppery flavor and is stronger than any other micro.

**Mustard** microgreens have a mildly spicy, tender, horseradish flavor. They provide a flavorful kick to any salad or blends.

**Pea** microgreens are sweet and tender like the nicest sugar snap peas, munched raw right out of the pot.

**Radish** microgreens taste pleasantly peppery which boast a flavor similar to that of root radishes.

**Spicy Salad** microgreens have a combined flavor profile of Broccoli, Kale, Kohlrabi, Arugula, Red Cabbage & Southern Giant Mustard for an extra kick.

**Salad** microgreens contain a combined flavor profile of Broccoli, Kale, Kohlrabi, Arugula & Red Acre Cabbage.

**Sunflower** microgreens are crunchy and have a pleasant nutty flavor.

**Wheat Grass** has a sweet nutty flavor.



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# Amaranth



Amaranth was cultivated by Aztecs and other cultures from tropical climates. It is actually an ancient kind of grain used in India. Very easy to digest, Amaranth microgreens are available in different colors, from light green to pink or dark red. They are fragile shoots that enhances beautifully any meal with color and a light sweet taste. Amaranth contains high complete protein amounts with vital amino acids, in contrast with other protein sources. Amaranth is gluten-free. Amaranth microgreens also contain vitamin A, C, E, folate, iron, magnesium, phosphorus, potassium, dietary fiber, calcium, amino acids, antioxidants, minerals and essential lysine.

## HEALTH BENEFITS

- Antioxidant
- Activates digestion
- Helps in cancer treatment
- Boosts the immune system
- Helps in treatment of cardiovascular disease and hypertension
- Decreases hair loss and greying
- Helps metabolize fatty acids into energy
- Protects from Osteoporosis
- Works as an appetite suppressant
- Improves eyesight
- Improves recovery from illness
- <https://microplantsrobert.com/en/microgreensamaranth.htm>



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# Arugula



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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# Basil



Basil is a common aromatic herb in the mint family, the same plant family as other nutrient-dense, beneficial herbs, including mint, oregano and rosemary. The taste is sweet, but savory, and just like the smell, it is peppery, yet ever so slightly minty. Basil, of course, is used to add flavor to a variety of recipes, but what may surprise you is the many benefits of basil that make it well-known for its immunity-enhancing properties and is one of the most important medical herbs known today. Basil has vitamin A, K, C and manganese.

## HEALTH BENEFITS

- Contains disease-fighting antioxidants
- Anti-inflammatory
- Fights cancer
- Antibacterial Properties
- Antimicrobial Properties that fight viruses and infections
- Combats stress
- Fights depression
- Promotes cardiovascular health
- Supports liver function and helps detoxify the body
- Helps alkalize the body and improves digestion
- Acts as a natural aphrodisiac
- Protects from diabetes and metabolic syndrome
- <https://draxe.com/benefits-of-basil/>



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# Beets



Beets are from the same family as chard and spinach. Beets have so many benefits that it would be a shame not to incorporate them to your daily food diet. Beets provide a well-being sensation while reducing stress. Beets micro-greens have a slight sweet flavor and bring a colorful touch with its bright red stem and the contrasting darker green leaves. Beets are low in fat, rich in fiber, iron, nitrate, folic acid, minerals, and vitamins. Beets are also charged with powerful antioxidants. Promotes muscle oxygenation while exercising, which has the potential to reduce fatigue and raise the energy level and increase tolerance to endurance training. The pectin contained in beets help remove toxins and heavy metals from the body.

## HEALTH BENEFITS

- Detoxifying and healing power
- Anti-stress
- Helps de-grease the body
- Powerful antioxidant
- Increases immune function
- Help protects against heart disease
- Slows aging
- Contributes in DNA repair and protection
- Alleviates cardiovascular disease
- Helps protect from Alzheimer
- Helps protect from Osteoporosis
- Stroke prevention
- Reduces risk of Type II diabetes
- Reduces frequency of migraine Headaches
- Alleviates premenstrual syndrome (PMS)
- Prevention of epileptic seizures
- Prevents alopecia (spot baldness)
- Alleviates Hypertension
- <http://www.microplantsrobert.com/en/microgreens-beets.html>



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# Broccoli



The Broccoli Raab micro-green adds a coarsely flavor to your meal. It is composed of smalls light green delicate leaves over a white stem.

Contains soluble fibers, indole-3-carbonol (I3C), folate, sulfur, and a wide variety of minerals and vitamins C, K.

## HEALTH BENEFITS

- Detox and heals
- Antioxidant
- Increases protection from bacterial and viral infections
- Reduces cancer risk
- Protects against heart diseases
- Regulation of blood sugar and insulin dependence
- Prevents both hyper and hypoglycemia
- Slows progression of AIDS
- Slows aging
- Contribute in DNA Repair and protection
- Protects against dementia
- Alleviates cardiovascular disease
- Alleviates hypertension
- Improves eyesight
- Protects from Alzheimer
- Protects from Osteoporosis
- Helps in stroke prevention
- Reduces risk of Type II diabetes
- Lowers frequency of migraine headaches
- Helps in preventing Epileptic seizures
- Prevents spot baldness
- Alleviates inflammation
- Minimizes premenstrual Syndrome (PMS)



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# Carrot



Carrots, botanically classified as *Daucus carota* subs. *sativus*, are slender, edible, underground taproots that grow frilly leaves in a rosette pattern and belong to the Apiaceae family along with celery, parsnips, and parsley. Labeled as a root vegetable, there are many different varieties of Carrots found in a wide array of colors that are harvested at multiple stages of maturity for commercial sale. Carrots have been cultivated since ancient times and were deeply rooted in the diets and traditional medicine of Asian and European cultures. Despite our familiarity today with the bright orange variety, orange carrots did not arrive into the commercial marketplace until the 16th and 17th centuries. Carrots are an excellent source of vitamin A, which can help prevent vision loss, vitamin C to protect the body from sickness, and fiber to assist with digestion. The roots also contain some vitamin K, magnesium, calcium, folate, and potassium.

## HEALTH BENEFITS

- Improves eyesight
- Boost immune system
- Regulates blood sugar
- Prevents macular degeneration
- Reduces risk of cancer & stroke
- Prevents heart disease
- Reduces high blood pressure
- Maintains good digestive health
- Improves skin
- Improves Kidney function
- Reduces incident of stroke



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# Cauliflower



Cauliflower is an extremely healthy vegetable that's a significant source of nutrients.

It also contains unique plant compounds that may reduce the risk of several diseases, including heart disease and cancer.

Additionally, it's weight loss friendly and incredibly easy to add to your diet.

Cauliflower is incredibly versatile and can be used to replace grains and legumes in your diet.

## HEALTH BENEFITS

- Detox and heals
- Antioxidant
- Reduces cancer risk
- Protects against heart diseases
- Alleviates inflammation
- Slows growth of cancer cells
- Anti- inflammatory
- Boosts immune health
- Aids in weight loss. Slows digestion and promotes feeling full
- Reduce high blood pressure



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# Chinese Mahogany



Chinese toon is a popular aromatic garnish microgreen in Asian dishes. It's tender, has a unique aroma and appetizing flavor that resembles the onion. Chinese toon is a perennial hardwood, which is a member of the Meliaceae family. Chinese toon microgreens are a nutritional, healthy gourmet vegetable and are more popular in China.

Prominent in Chinese culture, the *Toona sinensis* has been recognized for its medicinal purposes. In Chinese, the tree is also often mentioned to symbolically represent the father in Chinese poetry and literature.

## HEALTH BENEFITS

- Body repair & development
- Good for skin
- Reduces cancer risk
- Bone health
- Body repair
- Increase semen quality for males
- Used in China to medicinally treat: diarrhea, chronic dysentery, flatulence, bloody stools, seminal emissions, leucorrhea, metrorrhagia and gonorrhea.



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# Cilantro



The cilantro microgreen has a sweet, bright aroma and is quite bold. In contrast to full-size cilantro, micro cilantro is slightly peppery and has a little bit of grassiness. It also smells much different than mature cilantro and doesn't have the musty smell that many people dislike. Micro Cilantro pairs well with avocado, carrots, zucchini, tomato, coconut milk, citrus, ginger, mint, lemongrass, chile peppers, yogurt, chicken, lamb, and white fish.

## HEALTH BENEFITS

- Powerful antioxidant
- Antimicrobial properties
- Helps lower blood sugar
- Anti-convulsant properties
- Anti-inflammatory properties
- Protects skin
- Helps protect memory
- Helps protect from Osteoporosis
- Stroke prevention
- Management of diabetes
- May promote digestion
- Mood enhancer
- Easy to add to your diet



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# Clover



The red clover microgreen is a delicate green plant. Used as an herbal remedy to treat and prevent sickness. Applied directly on the skin or by ingestion. The red clover is recommended for relieving pain related to eczema and psoriasis, sores, burns, and aid against skin cancer. Many other benefits are associated to the ingestion of this plant.

Red clover microgreen is a source of many valuable nutrients including proteins, minerals, including calcium, iron, magnesium, potassium, silicon, as well as vitamins A, B-12, C, E and K. The following nutrients are also contained in the red clover: niacin, thiamine, isoflavones, antioxidants and few substances with anti-aging properties.

## HEALTH BENEFITS

- Reduce hot flashes in menopausal women
- Slow bone loss and even boost bone mineral density in pre and peri-menopausal women
- Relieve symptoms of premenstrual syndrome (PMS)
- Assist in hormonal balance
- Soothes the nerves
- Good diuretic
- Recommended as a tonic
- Effective liver and blood purifier
- Antidote for cancer: Used to treat several external cancer using poultice or ingestion
- Improves digestion
- Promotes prostate health
- Improves skin eruptions as eczema psoriasis
- Treats cold, sore throat, lymphatic swelling and bronchitis
- Reduces asthma



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# Corn



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
- Helps control diabetes
- Reduces hypertension
- Helps prevent anemia
- Antioxidant
- Contributes in fighting tumors that lead 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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# Cress



Cress is a very nutritious microgreen with great revitalizing power recognized for hundreds of years. Cresson seeds were discovered in the tombs of Egyptian pharaohs. Cress is widely used in India and Europe. This culinary and healing microgreen has a tangy, peppery taste similar to mustard. It is recommended to consume this microgreen fresh or in juices to preserve its beneficial properties.

This is an excellent source of carotene, manganese, copper, iron, fiber, calcium, vitamins B1, B2, B6, C and E. Also contains more sulfur and sodium than most vegetables

## HEALTH BENEFITS

- Antioxidant
- Improve memory and mental function
- Develops bone and teeth health
- Improves fertility and sexual energy
- Help prevent the onset of lung cancer in smokers
- Protects the body cells from damage caused by free radicals
- Prevents the development of cardiovascular disease
- Contributes to prevent high blood pressure
- Enables the immune system
- Promotes better digestion
- Prevent anemia and scurvy
- Helps stop toothache
- Beneficial for maintaining healthy skin
- Minimize eczema
- Good for diabetes because its regular consumption lowers the sugar level.
- Improves eyesight and healthy eyes



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# Dill



Dill is packed with micronutrients that provide health benefits. For example, a 100-gram serving of dill boosts your vitamin A intake. Vitamin A is a fat-soluble vitamin that helps you to maintain healthy vision, skin, immune function, growth, and reproductive health. You'll also get a significant boost of vitamin C, an important antioxidant that helps your body to resist infection.

Dill is also a good source of fiber, folate (important for cell division and production of DNA), calcium for healthy bones, riboflavin for cell function and development, manganese.

## HEALTH BENEFITS

- Used to treat Gastrointestinal disorders
- Used to treat Loss of appetite
- Prevents Kidney disease
- Stops Flatulence
- Boosts Immunity
- Treats Bronchitis
- Stops Infectious disease
- Relieves liver and gallbladder complaints
- Prevents urinary tract disorders
- Alleviates hemorrhoids
- Helps with insomnia and other sleep disorders



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# Kale



Kale is one of the leafy greens with a large nutrient density. People consider it a superfood. It has numerous benefits to your body including lowering bad cholesterol to reduce the risk of heart disease. Kale microgreens contain over forty times the nutrients achieved from adult kale. Vitamins A, B, C, E and K, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll, Amino Acids, Trace Elements, Antioxidants, Protein: 30-35%

## **HEALTH BENEFITS**

- Lowers blood pressure
- Anti Inflammatory
- Anti-viral
- Anti-depressant
- Reduces cancer effects
- Lowers cholesterol
- Bone health
- Boosts Immunity
- Strengthens eyesight
- Enhances weight loss
- Protects heart disease
- Helps blood clotting



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# Lettuce



By comparing to USDA National Nutrient Databases, microgreens showed a higher level (up to 69 times) of nutrients than its mature counterpart. In particular for lettuce microgreens, it's found 9x more minerals than in the mature lettuce. Also for lettuce, the 7-day old lettuce microgreens had found the highest concentration of phenolic compounds and antioxidants level than the rest of growth stages, which potentially implies a big role in cancer prevention

## **HEALTH BENEFITS**

- Anti Inflammatory
- Improves muscle strength
- Fights anemia
- Fights cancer
- Bone health
- Boosts Immunity
- Promotes vision health
- Enhances weight loss
- Protects heart disease
- Helps keep you hydrated
- Promotes brain health
- Reduces diabetes risk
- Promotes digestive health
- Good for pregnancy



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# Mustard



Mustard is the second most popular spice that is traded around the world. Mustard microgreens are a storehouse for many phyto-nutrients that have health promotional and disease prevention properties. Over the years, mustard has been imbued with curative powers.

Mustard microgreens are tender, succulent and spicy. Many variety add different sharp flavors to a wide range of meals. They are very popular in Asian mix.

Eating mustard microgreens offers a plateful of benefits.

The mustard microgreen is a good source of vitamin A, C, E, energy and carbohydrates, proteins, dietary fiber, folate, niacin, riboflavin, thiamin, sodium, potassium, calcium, copper, iron, magnesium, manganese and zinc.

## HEALTH BENEFITS

- Antioxidant
- Appetite stimulant
- Digestive aid
- Relieves congestion, good for allergies, infections or colds
- Inhibits growth of cancer cells
- Helps provide relief to rheumatic arthritis
- Reduces occurrence of migraine
- Helps prevent diseases
- Prevents cancer risk
- Assists in menopause relief
- Contributes in asthma prevention
- Slows aging
- Helps fight infections
- Stimulates hair growth and strength
- Contribute to relieve muscle pains
- Treats fever



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# Nasturtium



The name “nasturtium” comes from the Latin words for nose (nas), and tortum (twist), which essentially translates to “twisted nose.” Many believe it was named for the reaction on a person’s face after biting into the peppery, bittersweet leaves. In addition, a unique trait of Nasturtium leaves is that they are superhydrophobic, meaning the leaves contain waxy nanostructures that prevent water from absorbing through the top of the leaf. This process also cleans the leaf because as the water drops off, it removes dirt and debris allowing the leaf to have a clean surface to continue photosynthesis. Nasturtium leaves are an excellent source of vitamins A, C, and D, beta-carotene, iron, manganese, and flavonoids.

## HEALTH BENEFITS

- Natural Antibiotic
- Promotes Kidney Health
- Fights infections in bladder
- Fights bacteria
- Prevents Tumors
- Boosts Immunity
- Natural expectorant and disinfectant
- Anti-fungicide
- Treats scurvy



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# Peas



Peas are a powerhouse of nutrition and strong anti-oxidants. Peas have such high-quality protein that they are now added to many meals and commercial protein products. In taste, pea tendril microgreens are slightly sweet, with a mild bitter aftertaste, and they have a nutty undertone. The leaves have a texture similar to spinach, although not as delicate. Pea tendrils add freshness and a little crunch to dishes with rich and earthy flavors. Peas microgreens are low fat but high everything else. They contain protein, fiber, omega-3 and micronutrients. Rich in folate, carbohydrates, vitamin A, C, E, B1, B2, B3, B6.

## HEALTH BENEFITS

- Antioxidant
- Helps prevent stomach cancer
- Slows aging
- Prevents wrinkles
- Enhance the immune system
- Helps protect from Alzheimer
- Protects from Osteoporosis
- Contributes to regulate blood sugar level
- Prevents arthritis
- Reduces bad cholesterol
- Beneficial for weight management
- Helps keep bones healthy
- Relieves constipation
- Has anti-inflammatory properties
- <http://www.microplantsrobert.com/en/microgreens-peas.html>



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# Radish



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.

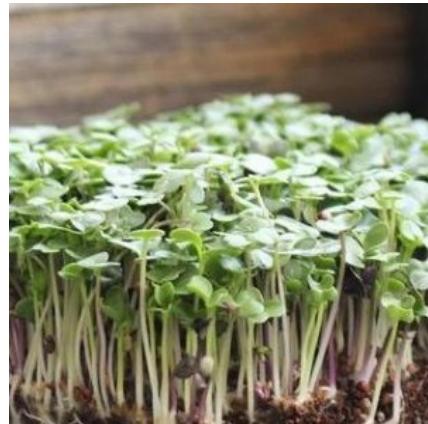
## HEALTH BENEFITS

- Natural diuretic
- Anti-fungal and anti-bacterial
- Detoxifying food
- Has anti-inflammatory properties
- Helps prevent lungs 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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# Salad



The Spring Salad green mixture consists of ¼ of the following varieties: broccoli, alfalfa, radish and red clover.

This is a microgreen blend that offer a very sweet taste that is easily added to any dish. It is easy to integrate in your diet because it does not really affect the taste of your food. The fact remains that its beneficial properties make it a winner for your health and energy.

## HEALTH BENEFITS

This mixture helps to detoxify the body, which promotes cancer prevention and regeneration of the immune system.



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# Spicy Salad



The Spicy Spring Salad green mixture consists of the following varieties: Broccoli, Kale, Kohlrabi, Arugula, Red Cabbage & Southern Giant Mustard for an extra kick.

This microgreens mix is a simple mix of different types of seeds that makes a great base for any microgreens salad, sandwich, etc. Its beneficial properties make it a winner for your health and energy.

## HEALTH BENEFITS

This mixture helps to detoxify the body, which promotes cancer prevention and regeneration of the immune system.



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# Spinach



Spinach has been used by various cultures throughout history, notably in Mediterranean, Middle-Eastern, and South-East-Asian cuisines. It can be incorporated quite easily into any diet, as it is cheap and easy to prepare. Spinach is a leafy green producing succulent, dark green, spoon-shaped leaves.

Spinach is a superfood. It is loaded with tons of nutrients in a low-calorie package. Dark, leafy greens like spinach are important for skin, hair, and bone health. They also provide protein, iron, vitamins, and minerals.

An excellent source of antioxidants, Spinach has four times the beta carotene of broccoli. Its high lutein content helps to lower cholesterol and aid in eye health. Spinach also contains carbohydrates, protein, fiber, vitamin A, vitamin C, calcium, iron and folic acid. According to the United States Department of Agriculture (USDA), a 100-gram serving of spinach contains 28.1 micrograms of vitamin C, 34 percent of the daily recommendation.

## HEALTH BENEFITS

- Improves eyesight
- Maintains good digestive health
- Improves skin
- Improves Kidney function
- Reduces incident of stroke
- Improves blood glucose control in people with diabetes,
- Lowers the risk of cancer
- Improves bone health
- Diabetes management
- Asthma prevention
- Lowers Blood pressure



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# Sunflower



Sunflower microgreens offer one of the most balanced forms of a complete plant protein around. It is one of the best food to add to your diet for overall health and wellbeing. It has a strong stem and green leaves. The taste is fresh and crunchy. Delicious eaten as a snack or in any salad, sandwich, wrap or culinary creation. Sunflower microgreens are low in calories and high in nutrition, making them ideal for any natural and healthy fat loss program. They are a great source of valuable nutrients including proteins, enzymes, folic acid, selenium, lecithin, minerals, including calcium, copper, iron, magnesium, potassium, phosphorous, zinc as well as vitamins A, C, Complex D and E.

## HEALTH BENEFITS

- Contains lecithin which helps break down fatty acids
- Activates cells in the immune system
- Helps build skeletal, muscular, and neurological systems
- Boosts your fertility
- Aids in stress relief
- Helps eliminate accumulated cholesterol in arterial walls
- Improves regeneration of blood supply
- Revitalizes tissues
- Calms inflammation
- Activates deodorizing the body
- Natural expectorant
- Antioxidant
- Helps prevent heart disease
- <http://www.microplantsrobert.com/en/microgreens-sunflower.html>



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# Swiss Chard



Swiss chard is from the same family as beets. It is available in many varieties that offers a range of colorful stalk like red, white, pink, yellow and orange. The leafy part is always green. The eye-catching colors and beautiful delicate texture of this microgreen makes it one of the most appealing meal garnishing assets. Swiss chard microgreen is also commonly used in sandwiches, wraps and smoothies.

These microgreens have exceptional effects in promoting health. Because of their higher proteins as well as their mineral content, they offer resistance against a number of illnesses and diseases.

The Swiss chard microgreens have a distinctive mild, juicy as well as salty taste that reminds us of the flavor of beets with a mix of spinach.

Low in fat. Rich beta-carotene, vitamin E, K &C, zinc, copper, sodium, potassium, iron, manganese, phosphorus, lutein and several other illnesses battling antioxidants. Also, a high level of Calcium, Magnesium and vitamin K contributes in good bone health.

## HEALTH BENEFITS

- Powerful antioxidant
- Assists in regulation of Blood sugar level
- Helps strengthen bones
- Used as Cancer prevention
- Boosts mental function and concentration
- Contributes in healthy blood / Anemia prevention
- Encourages hair growth and strength
- Promotes good eye health
- Beneficial for Weight loss
- Helps in control of Blood pressure



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# 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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# Wheatgrass



Wheatgrass may appear like a simple grass, but it is actually among the most powerful natural detoxifying agents, since it is one of Nature's richest source of chlorophyll and live enzymes. In fact, it has been said that one ounce of wheatgrass is equivalent in nutritional value to more than 2 pounds of leafy green vegetables. From diminishing the appetite, to reducing body odors and preventing cancer, wheatgrass has a place in your diet.

Wheatgrass contains more than 90 minerals, including potassium, calcium, magnesium and sodium as well as essential enzymes and 19 amino acids.

## HEALTH BENEFITS

- Diminishes appetite. 1 wheatgrass shot in the morning prevents overeating
- Stimulates circulation: apply wheatgrass juice on skin to dilate blood vessel
- Improves digestion
- Alleviates arthritis. Its chlorophyll fights the inflammation
- Help getting rid of bad breath and body odors
- Treats skin wounds
- Prevents tooth decay
- Cleanses the liver
- Treats sunburns
- Stabilizes blood sugar level
- Clears sinus congestion
- Contributes in regenerating skin cells
- Helps in acne treatment
- Prevents cancer
- Boost immunity
- Natural expectorant
- Antioxidant
- Helps prevent heart disease