

# Onion



Vitality Farms  
Company



Under the same family of Allium, onion seedlings look very much like the chives and leek. Onion seeds are dark in color, and the shoot grows up with the seed hulls still attached. Onion microgreens taste pretty much like the full-grown onion, but milder.

Contains Vitamin A, Vitamin B-complex, Calcium, Magnesium, Potassium and a surprising amount of Vitamin C.

A fine source of fiber, Onions and Onion leaves help to lower blood sugar levels in addition to promoting good cardiovascular health. It has been proven that adding onions to your diet can reduce your risk of developing certain cancers and contribute to gastrointestinal health.

## HEALTH BENEFITS

- Improves bone health
- Recommended for healthy skin
- Supports eyesight
- Strengthens the immune system
- Supports strong teeth and bones
- Can prevent the onset of osteoporosis
- Helps regulate muscle and nerve function
- Regulates blood sugar
- Reduces high blood pressure
- Maintains good digestive health
- May reduce risk of diabetes

**Vitality Farms Company**

Email: [info@vitalityfarmscompany.com](mailto:info@vitalityfarmscompany.com)

Phone: 863.660.8424

