

SPROUTS NUTRITIONAL INFORMATION

http://sprouting.com/view_category.html

Alfalfa

Vitamins: C, B6, riboflavin, folic acid, protein, thiamine, pantothenic acid, calcium, iron.

Minerals: magnesium, phosphorus, zinc, copper, manganese.

Alfalfa sprouts have a high antioxidant capacity and are high in phytoestrogens.

Ancient Eastern Blend

Fenugreek: Vitamins B6 & C, calcium, iron, magnesium, phosphorus, potassium and zinc. **Lentil:** An excellent source of folate and manganese, and a good source of thiamine, iron, phosphorus and copper. **Adzuki Beans:** Rich in protein, amino acids, iron, niacin and calcium. **Mung Beans:** A great source of protein and a very good source of vitamins B6 & C, calcium, iron, magnesium, potassium and amino acids.

Broccoli Brassica Blend

This sprouting mix has high levels of sulforaphane, a cellular detoxifier that may prevent cancer and rejuvenate the immune system. **Arugula:** Very high in protein, vitamin B6, amino acids, iron and calcium. **Broccoli:** Rich in vitamins K, C, B6 and E, folate, dietary fiber phosphorus, potassium and magnesium. **Mustard:** A powerhouse of protein and a great source of vitamins A, B6 and C, calcium, iron, magnesium, phosphorus, potassium and amino acids. **Radish:** Great protein source and very good source of vitamins A, B6, C, calcium, iron, magnesium, phosphorus, potassium and zinc.

** Brassica vegetables are rich in indole-3-carbinol, a chemical which boosts DNA repair in cells and appears to block the growth of cancer cells. They are also a good source of carotenoids, with broccoli having especially high levels. Researchers at the University of California at Berkeley have recently discovered that 3,3'-diindolylmethane in Brassica vegetables is a potent modulator of the innate immune response system with potent antiviral, antibacterial and anticancer activity.

Garbanzo Beans (Chickpeas)

Chickpeas are a nutrient-dense food, providing rich content of protein, dietary fiber, folate and certain dietary minerals such as iron and phosphorus.

Kale

Rich in vitamins K, C, B6 and E, folate, dietary fiber, phosphorus, potassium and magnesium.

Lentils

An excellent source of folate and manganese, and a good source of thiamine, iron, phosphorus and copper. Good source of vitamins B & C.

Peanuts

Vitamins A, B, C and E, calcium, iron, magnesium, niacin, phosphorus, potassium, amino acids.

Pea Shoots

Vitamins A, B, C and E, calcium, chlorophyll, iron, magnesium, niacin, phosphorus, potassium, amino acids.

Salad/Sandwich Booster

Red Clover: Vitamins A, B, C, E & K; rich in minerals and trace elements. **Alfalfa:** Rich in vitamins C and B6, riboflavin, folate, magnesium, phosphorus, zinc, copper, manganese, protein, thiamine, pantothenic acid, calcium and iron. **Radish:** Great protein source and very good source of vitamins A, B6, C, calcium, iron, magnesium, phosphorus, potassium and zinc. **Broccoli:** Rich in vitamins K, C, B6 and E, folate, dietary fiber, phosphorus, potassium and magnesium. Contains the cellular detoxifier sulforaphane, which may prevent cancer and rejuvenate the immune system. **Mustard:** A powerhouse of protein and a great source of vitamins A, B6 and C, calcium, iron, magnesium, phosphorus, potassium and zinc.

Sunflower Shoots

Great source of protein and an excellent source of vitamins B6 and E, calcium, iron, magnesium, niacin, phosphorus, potassium and dietary fiber.

Wheat Grass

Wheat sprouts: A good source of protein, vitamins C and B6, calcium, iron, magnesium, pantothenic acid, phosphorus and amino acids. **Wheat grass:** chlorophyll, vitamins A, B, C & E; minerals.