



**Microgreens contain similar and often greater amounts of nutrients than mature adult greens (some reaching 20 to 40+ times more).** They help reduce the risk of the following diseases:

- **Heart disease:** Microgreens are a rich source of polyphenols, a class of antioxidants linked to a lower risk of heart disease. Animal studies show that microgreens may lower triglyceride and “bad” LDL cholesterol levels.
- **Alzheimer’s disease:** Antioxidant-rich foods, including those containing high amounts of polyphenols, may be linked to a lower risk of Alzheimer’s disease.
- **Diabetes:** Antioxidants may help reduce the type of stress that can prevent sugar from properly entering cells. In lab studies, fenugreek microgreens enhanced cellular sugar uptake by 25–44%.
- **Certain cancers:** Antioxidant-rich fruits and vegetables, especially those rich in polyphenols, may lower the risk of various types of cancer. Polyphenol-rich microgreens may be expected to have similar effects.

### **Common Nutrients Found in Microgreens:**

- **Vitamin K.** Vitamin K is beneficial as it helps in the blood clotting process and maintains healthy bones and teeth.
- **Vitamin C.** Microgreens are known for the abundant amounts of vitamin C they offer. This vitamin is essential in helping your body eliminate free radicals. You can find up to 20 mg per 100 g of this vitamin in the smallest microgreen seedling. Compared to 10 mg of vitamin C you find in full-grown tomatoes.
- **Vitamin E.** This vitamin is made up of alpha and gamma-tocopherol. Vitamin E helps protect your body from damage caused by free radicals formed when we convert food to energy. A small serving of vitamin E rich microgreens like radishes is more than enough to hit your daily requirement of this vitamin.

- **Beta Carotene.** Beta carotene is a carotenoid compound that helps to reduce the risk of various diseases. Microgreens are filled with high beta carotene levels, which is why they make such a useful addition to anyone’s diet.
- **Potassium.** This mineral helps the body in many ways, from regulating fluid to muscle contractions and nerve signaling. Many people also take potassium to control blood pressure.
- **Iron.** Iron helps the body with many vital functions it performs daily. Having adequate iron levels leads to good energy and focus, better immune system, and body temperature regulation.
- **Zinc.** Zinc is an essential mineral your body needs to maintain healthy skin. This mineral is excellent, especially for its anti-inflammatory effects. It may be beneficial in healing acne and scarring related to acne.
- **Magnesium.** Hundreds of reactions in your body require magnesium. Not only that, it has benefits associated with bone and cardiovascular health and can also treat diabetes, migraines, premenstrual symptoms, and anxiety.
- **Copper.** This mineral is considered an essential nutrient for the body. It works with other minerals like iron to help the body create red blood cells. Copper is a critical mineral to incorporate to build immune function and iron absorption. Those that have sufficient levels of copper intake will find that it may prevent cardiovascular disease and osteoporosis.
- **Polyphenols** are commonly found in microgreens and may have many benefits such as a reduced risk of heart diseases, Alzheimer’s, and cancer. Microgreens are a rich source of polyphenols and provide your body with powerful antioxidants.
- Overall, these nutrients may be beneficial to the eyes, skin, weight management, physical and mental health, and fighting cancer, on top of all the benefits associated with their antioxidant properties. The most abundant element found in microgreens was potassium, followed by phosphorus, calcium, magnesium and sodium.



## Microgreens Nutrition Information:

- **Arugula** is known to have **glucosinolates, vitamin C, and phenols**, which help our body defend against toxins and environmental stress. This vegetable can easily be added to smoothies, salads, or sandwiches.
- **Pea shoots** are delicious and mild in flavor; they are well known for their high **beta carotene** levels. Beta carotene is used in our bodies to produce **vitamin A, vitamin C, and folate**. These vitamins are essential building blocks for our bodies and fiber, filling in the gap for dietary needs.
- **Radish sprouts** come with a wide array of nutritional benefits. These vegetables deliver **vitamins A, B, C, E, and K** to the body. In addition, they provide essential minerals like **calcium, iron, magnesium, phosphorus, potassium, and zinc**. You'd think that's the end of the list, but these mini leaves are powerful vegetables to include in our diets. They are also rich in **amino acids**, which may benefit our health like aiding in digestion or fighting off cancer.
- **Wheatgrass** has been a popular microgreen for a good reason. These greens are rich in many vitamins and minerals like **vitamins A, B, C, and E and iron, zinc, magnesium, potassium, phosphorus, calcium, and selenium**. Many of these minerals are potent antioxidants that may provide a wide range of health benefits. Also, a great addition to your pet's diet.
- **Sunflower shoots** are well known for the vitamins, minerals, and other essential nutrients they provide. These crunchy microgreens are high in **folate, selenium, vitamin B, C, and E**. Sunflower shoots contain essential amino acids the body needs and can be easily added to salads.
- **Kale** is a mature leafy green and microgreen that has an immense amount of **vitamin C**. This crucial vitamin plays many essential functions like protecting your cells and keeping blood vessels, bones, and skin healthy. It is full of antioxidants that reduce free radicals, anti-inflammatory, fortifies the immune system, and improves brain health.
- **Broccoli** is a hardy, substantial microgreen that improves heart health, lowers blood sugar levels, and improves joint health. It is a great source of **vitamins A and C, calcium, iron, phosphorus, and sulforaphane** which may help reduce inflammation, promote cancer cell apoptosis, lower susceptibility to cancer-causing substances, reduce the spread of cancerous cells. Sulforaphane has also been proven to ease symptoms associated with **autism spectrum disorder**.
- **Beets** help maintain and grow healthy skin because of the many essential vitamins and minerals they contain like: **vitamins A, B, C, E and K, calcium, magnesium, potassium, iron, zinc, and protein**. They help protect the liver from serious infection by providing betaine, which helps secrete detoxifying enzymes.
- **Basil** is great for adding flavor but it also contains many nutritional benefits. It packs **vitamins E, A, K, B6, and C, protein, calcium, iron, zinc, magnesium, copper, phosphorus, and potassium**. It is full of antioxidants that reduce free radicals and helps in cancer prevention. Basil has antibacterial and antimicrobial properties that help combat infection and viruses.

