

WHY MICROGREENS?

**Super concentrated nutrition!
They are Up to 40% more nutritious
than their Mature Counterparts**

**A great source of Vitamins A, C, E,
& K,
And Minerals Such as Calcium,
Iron, Magnesium, Selenium, and
Zinc**

**Packed with Phytonutrients and
Antioxidants to help support your
immune system, defend against
certain diseases such as cancer,
diabetes, and heart disease, and
they can help keep gut microbiome
healthy**

Kid and Picky eater Friendly!

**Easy to incorporate into recipes -
adds a wonderful flavor, texture,
and color to any dish!**

