

# Microgreens: The Most Nutrient-Dense Food on Earth

What are microgreens?

Microgreens are the young plants of the regular greens we eat. They're harvested only 7 - 10 days after planting when they have 2 identifiable leaves.

They have 100 times more Minerals and Vitamins than the Full-grown plant.

Ounce for ounce, **no other superfood comes close to matching their nutritional punch.** Those health benefits go right to the gut—improving energy, reducing blood pressure, and improving skin and eye health.

The major benefits of microgreens

Don't be fooled by their size; microgreens pack a massive, concentrated nutritional punch of antioxidants and vitamins—**up to 100 times higher than mature greens.**



# Phytochemicals and Brain Health

Inflammation and its accompanying aches and pains are a part of growing OLD!

Diets rich in phytochemicals can reduce the inflammation in your body naturally with their ability to provide protection to cells against harmful agents, eliminating the need for anti-inflammatory medicines.

Neuroinflammation is inflammation of the brain. Whereas inflammation in other parts of the body can cause pain, inflammation of the brain leads to deposits of insoluble materials such as plaques and neurofibrillary tangles. These are the main factors of cell death and age-related dementia.

Phytochemicals influence neuroinflammation leading to cytoprotective and restorative proteins counteracting the neuroinflammatory processes that accompany brain aging. Microgreens have 100 times more phytochemicals than the full grown plant.

**Macro-elements per mg/100 g of Fresh Weight (FW)**

Calcium (Ca)	88 mg
Magnesium (Mg)	51 mg
Phosphorous (P)	69 mg
<b>Potassium (K)</b>	<b>326 mg</b>
Sodium (Na)	52 mg
Nitrates (NO <sub>3</sub> )	267 mg

**Micro-element minerals per mg/100 g FW**

Iron (Fe)	0.67 mg
Zinc (Zn)	0.37 mg
Copper (Cu)	0.09 mg
Manganese (Mn)	0.37 mg
Cadmium (Cd)	< 0.0001mg
Lead (Pb)	< 0.0001mg

**Vitamin Content**

Vitamin A (β-carotene)	221.80 mg
Vitamin C (Ascorbic Acid)	51.0 mg
Vitamin E (tocepherol)	24.1 mg
Glucoraphanin	4.8 μmol / g
Total isothiocyanates ( <b>sulforaphane</b> )	633.11mg, 32.30%
Total anthocyanins (cyanidin-3-glucose)	12.66, 0%
Total soluble polyphenols	2017.38, 70.09%
Fiber	410 mg
Broccoli Microgreens Protein	2300 mg

## **Phytochemicals and cancer: What you should know**

Phytochemicals are compounds in plant foods that can help prevent chronic diseases like cancer. BY KELLIE BRAMLET

You may not have heard of phytochemicals, but it's likely you eat them every day.

Phytochemicals, also called phytonutrients, are the potentially helpful compounds found in plant foods. They may help prevent chronic diseases, including cancer.

These can be found in vegetables, fruits, beans, grains, nuts and seeds. But the type and amount of phytochemicals in different plants varies. No single plant food can protect you from disease. You can get the most protection by eating a variety of plant foods.

More research is needed to determine how phytochemicals work. What most researchers do agree on is the benefits.

### **Potential benefits of phytochemicals include:**

- Strengthening the immune system
- Reducing inflammation
- Preventing DNA damage and helping DNA repair.
- Slowing cancer cell growth
- Regulating hormones
- Preventing damaged cells from reproducing

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### **NOTE:**

### **PHYTONUTRIENTS**

Phytonutrients, also called phytochemicals, strengthen the immune system, reduce inflammation and aid in regeneration of damaged cells. Microgreens contain 100 times more phytonutrients than their mature counterparts, as with the case of Arugula, Broccoli, Kohlrabi (Red Cabbage), Pea, and Radish.

## Phytochemicals: The Cancer Fighter in Your Foods

Phytochemicals are naturally occurring plant chemicals (*phyto* means plant in Greek). They provide plants with color, odor and flavor. Once we eat them, however, research shows they can influence the chemical processes inside our bodies in helpful ways.

Findings from laboratory studies have shown that phytochemicals have the potential to:

- Stimulate the immune system
- Block substances we eat, drink and breathe from becoming carcinogens
- Reduce the kind of inflammation that makes cancer growth more likely
- Prevent DNA damage and help with DNA repair
- Reduce the kind of oxidative damage to cells that can spark cancer Slow the growth rate of cancer cells
- Trigger damaged cells to commit suicide before they can reproduce
- Help to regulate hormones

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**NOTE:**

Microgreens contain 100 times more Phytonutrients per ounce than their full grown plants.