

ALFALFA SPROUTS

Alfalfa Sprouts have chlorophyll and enzymes that promote detoxification, digestion, and anti-aging!

MIXED BEAN SPROUTS

Mixed Bean Sprouts have a high quality and easily digestible protein and are a great addition to a vegan or vegetarian diet when combined with any grain-based dish.

GARLIC SPROUTS

Garlic Sprouts have immune boosting effect due to their anti-bacterial, anti-viral, and anti-fungal properties.

DELI ALFALFA SPROUTS

Deli Alfalfa Sprouts boasts a rich variety of vitamins and minerals, as well as additional amino acids and fibre.

BROCCOLI SPROUTS

Broccoli sprouts have a high antioxidant and phytochemical content which work to protect against cancer and degenerative diseases.

CLOVER SPROUTS

Clover sprouts are great for cleansing and detoxifying the liver. The high chlorophyll content helps to enrich, purify, and regenerate the body's blood supply.

SUNFLOWER GREENS

Sunflower Greens are rich in easily digestible vitamins and minerals. The chlorophyll aids in blood purification.

PEA SHOOTS

Pea Shoots offer a high fibre content, which is important in maintaining a healthy digestive system and colon.

VITAMINS AND MINERALS FOUND IN EATMORE SPROUTS PRODUCTS

	Alfalfa Sprouts	Deli Alfalfa Sprouts	Garlic Sprouts	Clover Sprouts	Broccoli Sprouts	Mixed Bean Sprouts	Sunflower Greens	Pea Shoots
VITAMINS								
B-complex	•	•	•	•		•	•	
A				•	•		•	•
C				•	•			•
E	•	•	•	•	•	•	•	
D							•	
K	•	•	•					
Choline	•	•	•			•		
MINERALS								
Calcium				•	•	•	•	
Magnesium	•	•	•	•		•	•	•
Potassium	•	•	•	•	•	•	•	•
Phosphorous	•	•	•			•	•	
Iodine							•	
Iron	•	•	•	•		•	•	•
Manganese	•	•	•				•	
Copper	•	•	•				•	
Chromium							•	
Selenium	•	•	•					
Zinc	•	•	•				•	
OTHER FACTORS								
Chlorophyll	•	•	•	•	•	•	•	•
Digestive enzymes	•	•	•	•	•	•	•	•
Antioxidant enzymes	•	•	•	•	•	•	•	•
Protein	•	•	•	•	•	•	•	•
Phytochemicals	•	•	•	•	•	•	•	•
Fibre	•	•	•	•	•	•	•	•

ADDITIONAL FUNCTIONS OF VITAMINS AND MINERALS

HEALTH BENEFITS OF EATING SPROUTS

- Sprouts boast a rich variety of vitamins and minerals, as well as additional amino acids and fibre.
- During the sprouting process the nutrients in all of our sprouts become more bioavailable, meaning the body more easily absorbs the nutrients.
- Chlorophyll, digestive enzymes, and antioxidant enzymes promote detoxification, digestion and anti-aging!
- Sprouts have a high fibre content per serving.
- Because all nutrients work together in the body, a variety of sprouts eaten together are superior in taste and nutrition.

	Vitamin B complex	Vitamin A	Vitamin C	Vitamin E	Vitamin D	Vitamin K	Calcium	Magnesium	Potassium	Phosphorous	Iodine	Iron	Manganese	Copper	Chromium	Selenium	Zinc
Eyesight		•															
Skin Health	•	•															•
Immune System		•	•								•	•	•			•	
Circulation	•																
Digestive Health	•																
Antioxidant			•	•												•	•
Growth			•		•												
Cardiovascular health			•	•			•	•	•							•	
Calcium					•												
Hormones				•			•										
Blood Clotting						•											
Bone Health						•	•	•					•	•			•
Metabolism															•		
Cholesterol															•		
Hypoglycemia															•		
Joint & nerve health													•				
Red cell formation											•	•					
Enzyme production											•	•					
Energy Production								•		•							•
Nervous System									•								
Muscle contraction									•								
Blood pressure									•								
Wound Healing																	•
Liver Health																•	
Protein digestion & Synthesis													•				
Iron Absorption														•			