

Itsy Bitsy Greens

Nutrition Facts

Peas are super rich in vitamin B-complex.

Sunflowers contain 72 minerals and have the same protein content as chicken!

Broccoli has been studied for its potential in reducing the risk of some cancers.

Peas have 4 times more vitamin A than tomatoes.

Wheatgrass acts fast to get rid of toxins in your body!

Peas contain 7 times more vitamin C than blueberries.

Kale contains sulforaphane, a powerful antioxidant.

Sources:

webmd.com
healwithfood.org
sproutpeople.org
hippocratesinst.org
hopkinsmedicine.org
diabeticconnect.com
spectrum light organic
superchargefoods.com
lifesourcenaturalfoods.com

Vitamins

- A, B, C, E in all microgreens
- D in sunflowers
- K in peas, broccoli, kale, radish, wheatgrass
- Niacin (B3) in sunflowers
- Folate (B9), Riboflavin (B2), Thiamin (B1) in peas
- Pantothenic Acid (B5) in wheatgrass
- Folate (B9), B6 in radish

Antioxidants

- Sulforaphane in all microgreens, especially in broccoli and kale
- Carotene in peas, broccoli, kale, radish

Sulforaphane is an antioxidant that could help boost the condition of the blood-brain barrier if it is damaged. The blood-brain barrier is a membrane structure that acts primarily to protect the brain from harmful chemicals in the blood, while still allowing essential metabolic function.

Eating these microgreens raw may help heal from brain injuries as well as reduce the risk of cancer (lung, prostate, colon, breast and ovarian cancers.)

Minerals

- Calcium, Iron, Magnesium in sunflowers, broccoli, kale, radish, wheatgrass
- Phosphorus in sunflowers, broccoli, kale, radish
- Potassium in sunflowers, broccoli, kale, radish, peas, wheatgrass
- Chlorophyll in all microgreens
- Zinc in broccoli, kale, radish

Proteins

- Broccoli: 35%
- Kale: 30-35%
- Radish: 30-35%
- Wheatgrass: 25-30%
- Sunflowers: 20-25%

Amino Acids & Trace Elements

in sunflowers, broccoli, kale, radish, wheatgrass

ITSY BITSY GREENS

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