## What are micro greens?

Microgreens are the earliest stage of a vegetable plant's development, after the sprouting stage.

- 1. Their nutrient content is more concentrated
- 2. Their vitamin and antioxidants levels are up to 40X higher than more mature greens
- 3. They're richer in macro minerals such as calcium, magnesium, phosphorus, and potassium
- 4. They're richer in micro minerals such as iron, zinc,



## Proven By Research to Have Countless Health Benefits.

- Boosts your immune system
- Reduces chronic disease risk
- Helps with weight loss
- Lowers inflammation
- Improves gut health

## References

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## Every seed we plant is certified NON-GMO.

With our PURE growing method, we don't need to add any harmful chemicals, fertilizers, or pesticides. Filtered water along with natural coco fiber and special LED grow lights are all we need in order to produce our outstanding microgreens!

Our selection of microgreens has superior performances, yield, and visual appeal, and most important, FLAVOR!

Our suppliers provide NON-GMO organic seeds with the highest
quality standards in the industry.
Adding delicious microgreens to
your diet gives you up to 40x's
nutrition than that of their mature
counterparts. Great on sandwiches,
salads, shakes, wraps, omelets...
Take charge of your health and at
the same time give back to your
community through our purchase
with purpose initiatives.



