

Wheatgrass:

- ★ Is a blood purifier, cleanser and detoxifier
- ★ Is a complete protein when grown in a soil base
- ★ Is high in vitamins A (as beta-carotene), C, D2, K, and most of the B complex.
- ★ Contains chlorophyll, which helps carry oxygen to every cell in your body. Oxygen helps fight off disease, harmful bacteria, and cancer

Sunflower Sprouts:

- ★ Have 22 grams of protein in 3.5 oz of sprouted seeds; compares with 24 grams protein in 3.5 oz of chicken.
- ★ Are a rich source of vitamin A (as beta-carotene), B complex, D2 and E.
- ★ Are rich source of minerals calcium, copper, iron, magnesium, potassium, phosphorus and zinc.
- ★ Build the blood supply, revitalize tissue, calm inflammation, activate enzymes, and deodorize the body.

Sprouts:

- ★ Are baby plants in their prime. At this stage of their growth, they have a greater concentration of proteins, vitamins and minerals, enzymes, RNA, DNA, bio-flavonoids, T-cells, etc. than at any other point in the plant's life; even when compared with the mature vegetables.

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