

Kale



Kale is one of the leafy greens with a large nutrient density. People consider it a superfood. It has numerous benefits to your body including lowering bad cholesterol to reduce the risk of heart disease. Kale microgreens contain over forty times the nutrients achieved from adult kale. Vitamins A, B, C, E and K, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll, Amino Acids, Trace Elements, Antioxidants, Protein: 30-35%

HEALTH BENEFITS

- Lowers blood pressure
- Anti Inflammatory
- Anti-viral
- Anti-depressant
- Reduces cancer effects
- Lowers cholesterol
- Bone health
- Boosts Immunity
- Strengthens eyesight
- Enhances weight loss
- Protects heart disease
- Helps blood clotting

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