

# Lettuce



By comparing to USDA National Nutrient Databases, microgreens showed a higher level (up to 69 times) of nutrients than its mature counterpart. In particular for lettuce microgreens, it's found 9x more minerals than in the mature lettuce. Also for lettuce, the 7-day old lettuce microgreens had found the highest concentration of phenolic compounds and antioxidants level than the rest of growth stages, which potentially implies a big role in cancer prevention

## HEALTH BENEFITS

- Anti Inflammatory
- Improves muscle strength
- Fights anemia
- Fights cancer
- Bone health
- Boosts Immunity
- Promotes vision health
- Enhances weight loss
- Protects heart disease
- Helps keep you hydrated
- Promotes brain health
- Reduces diabetes risk
- Promotes digestive health
- Good for pregnancy

**Yeshurun Farm**

[Email:yahsgkm@gmail.com](mailto:yahsgkm@gmail.com)

Phone:602-743-8950