

MUNG BEAN SPROUTS

THE MOST AFFORDABLE, LIFE-SUSTAINING FOOD YOU GROW IN YOUR KITCHEN IN 24 HOURS

- Mung bean sprouts are a living, raw food which are alkaline and contain oxygen which boosts immunity, inhibiting the growth of viruses, bad bacteria and cancer cells in your body (as disease can't live in an alkaline and oxygen-rich environment)
- Boosts your immunity and protects against viruses and infections
- Contain 100's of vitamins and minerals in their most natural form including A, Bs, C, D, E, K, folic acid, potassium, magnesium and zinc
- Inhibits the formation and growth of cancerous tumors
- Increases your energy
- Contains 100 times more enzymes than raw veggies and fruits which aid in digestion
- Rich in essential amino acids including phenylalanine, leucine, isoleucine, valine, lysine and arginine
- Excellent source of natural fibre
- Alkalizes your body which protects against disease
- Help with weight-loss by increasing your sense of fullness while curbing cravings for carbs and sweets
- Regulates blood sugar and protects from Type 2 Diabetes
- Contain phytoestrogens which help regulate hormones during menopause, relieving hot flashes and preventing osteoporosis
- Promotes healthier younger looking skin and improves acne
- Regulates body temperature and prevents heat stroke
- Easy to digest compared to many other beans
- Great for breakfast, salads, toppings, soups, smoothies, pastes or as a snack
- The perfect storage food in case of an emergency!

RUN OUT OF BEANS?

WE SELL CERTIFIED ORGANIC MUNG BEANS.

VISIT [SPROUTGROWERS.STORE](https://sproutgrowers.store) AND WE'LL SHIP THEM TO YOUR DOOR.