



## Natural Sprout Company, LLC

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### Technical Specifications - Fenugreek

#### Growing and Harvesting Conditions

- Produced high in the Rocky Mountains
- Hydroponically grown
- Environmentally controlled greenhouses
- Nutrient rich
- Timed growth for optimal activity
- Micro-biologically tested
- A "Whole Food"
- All natural "Live Superfood"
- Low temperature air-dried
- Grown fresh to order
- 60 mesh powder
- Enzyme Active

#### Potential Benefits

- Rich in protein
- Currently under study for reduction of cholesterol and blood sugar
- Antioxidant properties
- Immune enhancing and detoxifying characteristics
- Enzyme active whole food
- Often used to improve digestion

#### Live Nutritional Profile (Phytochemicals: enzymes, carotene, tocopherol)

##### Amino Acids

Alanine  
Arginine  
Aspartic acid  
Cystine  
Glutamic acid  
Glycine  
Histidine  
Isoleucine  
Leucine  
Lysine  
Methionine  
Phenylalanine  
Proline

Serine  
Threonine  
Tryptophan  
Tyrosine

##### Minerals

Calcium  
Copper  
Iron  
Magnesium  
Manganese  
Phosphorus  
Potassium  
Selenium  
Sodium  
Zinc

##### Vitamins

Niacin  
Retinol  
Riboflavin B2  
Thiamine  
Vitamin A, RAE  
Vitamin A, IU  
Vitamin B12  
Vitamin B6  
Vitamin C