



| Microgreen                | Key Vitamins                | Key Minerals              | Major Bioactive Compounds     | How It Helps                                                                                            | Ideal Use Case                                               |
|---------------------------|-----------------------------|---------------------------|-------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|
| Broccoli microgreens      | Vitamin C, K, A, E          | Calcium, Potassium        | Sulforaphane, glucoraphanin   | Improves insulin sensitivity, detox support, anti-inflammatory, liver support, Gut microbiom modulation | Weight management, diabetes support, detox, metabolic health |
| Radish microgreens        | Vitamin C, B6, K            | Potassium, Calcium        | Anthocyanins, isothiocyanates | Digestion, liver detox, circulation, antioxidant support                                                | Gut cleanse, liver health, immunity shots                    |
| Purple radish microgreens | Vitamin C, A                | Potassium, Magnesium      | Anthocyanins                  | Anti-inflammatory, vascular protection, oxidative stress reduction                                      | Sports recovery, anti-aging blends                           |
| Pea shoot microgreens     | Vitamins A, C, Folate       | Iron, Magnesium           | Plant protein                 | Satiety, muscle recovery, energy                                                                        | Fitness bowls, protein salads                                |
| Sunflower microgreens     | Vitamin E, B-complex        | Zinc, Selenium, Magnesium | Healthy fats, lecithin        | Brain support, satiety, skin health                                                                     | Brain booster, kids nutrition                                |
| Wheatgrass                | Vitamins A, C, E, B-complex | Iron, Magnesium           | Chlorophyll                   | Detoxification, alkalizing support                                                                      | Juice shots, detox programs                                  |
| Beet microgreens          | Vitamin C, Folate           | Iron, Potassium           | Betalains                     | Blood circulation, endurance support                                                                    | Pre-workout shots, anemia support                            |
| Amaranth microgreens      | Vitamin C, K                | Iron, Calcium, Magnesium  | Polyphenols                   | Bone support, anemia support                                                                            | Women wellness blends                                        |
| Alfalfa microgreens       | Vitamins K, C               | Calcium, Magnesium        | Saponins                      | Cholesterol support, digestion                                                                          | Heart-health mixes                                           |
| Pak choi microgreens      | Vitamins A, C, K            | Calcium                   | Glucosinolates                | Bone and immune support                                                                                 | Everyday nutrition mixes                                     |
| Garden cress microgreens  | Vitamin A, C, E, Folate     | Iron, Calcium             | Glucosinolates                | Iron support, hemoglobin support, energy                                                                | Iron boost blends, women wellness                            |
| Fenugreek microgreens     | Vitamin C, K                | Iron, Magnesium           | Saponins, soluble fiber       | Blood sugar balance, appetite control, digestion                                                        | Natural GLP-1 support blends, diabetic support               |

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|-------------------------|------------------|--------------------|---------------------------|---------------------------------------------|----------------------------------|
| Mustard microgreens     | Vitamins A, C, K | Selenium, Calcium  | Sinigrin, isothiocyanates | Respiratory support, metabolism stimulation | Detox blends, winter immunity    |
| Kale microgreens        | Vitamins A, C, K | Calcium, Magnesium | Lutein, zeaxanthin        | Eye health, anti-inflammatory, bone health  | Senior nutrition, eye-care mixes |
| Red cabbage microgreens | Vitamins C, K    | Potassium          | Anthocyanins              | Gut protection, antioxidant support         | Anti-aging and skin blends       |
| Basil microgreens       | Vitamin K, A     | Calcium            | Eugenol                   | Stress reduction, digestion                 | Gourmet garnish, calming blends  |
| Cilantro microgreens    | Vitamin K, C     | Potassium          | Chelating compounds       | Heavy metal detox support                   | Detox juices                     |
| Chia microgreens        | Vitamin A, C     | Calcium, Magnesium | Omega-3 precursors        | Satiety, gut support                        | Weight management bowls          |
| Arugula microgreens     | Vitamins A, C, K | Calcium            | Nitrates                  | Blood circulation, stamina                  | Sports/endurance blends          |

| Goal / Condition               | Best Microgreens                           |
|--------------------------------|--------------------------------------------|
| Weight loss & appetite control | Broccoli, fenugreek, sunflower, pea shoots |
| Diabetes / insulin resistance  | Broccoli, fenugreek, mustard               |
| Iron deficiency / anemia       | Garden cress, beet, amaranth, pea shoots   |
| Thyroid support                | Broccoli (moderate), radish, sunflower     |
| Gut health                     | Radish, fenugreek, mustard                 |
| Cholesterol management         | Alfalfa, broccoli, sunflower               |
| Brain & focus                  | Sunflower, basil, kale                     |
| Immunity                       | Broccoli, mustard, red cabbage             |
| Detox                          | Wheatgrass, cilantro, broccoli             |
| Skin & anti-aging              | Red cabbage, kale, sunflower               |
| Bone health                    | Kale, amaranth, pak choi                   |
| Sports recovery                | Beet, pea shoots, purple radish            |

| Nutrient      | Top Microgreens               |
|---------------|-------------------------------|
| Iron          | Garden cress, amaranth, beet  |
| Calcium       | Kale, amaranth, pak choi      |
| Protein       | Pea shoots, sunflower         |
| Sulforaphane  | Broccoli                      |
| Antioxidants  | Red cabbage, purple radish    |
| Chlorophyll   | Wheatgrass                    |
| Omega support | Chia, sunflower               |
| Vitamin C     | Broccoli, radish, red cabbage |
| Vitamin K     | Kale, mustard                 |

#### What Antioxidants Do in the Body

| Function                   | Why It Matters                                            |
|----------------------------|-----------------------------------------------------------|
| Protect cell membranes     | Helps maintain healthy cells and tissues                  |
| Reduce oxidative stress    | Limits cumulative cellular damage                         |
| Support immune function    | Immune cells work more effectively                        |
| Protect blood vessels      | Supports cardiovascular health                            |
| Protect DNA                | Helps maintain normal cellular function                   |
| Support brain health       | Brain tissue is especially vulnerable to oxidative damage |
| Aid recovery from exercise | Can reduce exercise-induced oxidative stress              |
| Support healthy aging      | May slow accumulation of cellular damage over time        |