

Broccoli



The Broccoli Raab micro-green adds a coarsely flavor to your meal. It is composed of small light green delicate leaves over a white stem.

Contains soluble fibers, indole-3-carbonol (I3C), folate, sulfur, and a wide variety of minerals and vitamins C, K.

HEALTH BENEFITS

- Detox and heals
- Antioxidant
- Increases protection from bacterial and viral infections
- Reduces cancer risk
- Protects against heart diseases
- Regulation of blood sugar and insulin dependence
- Prevents both hyper and hypoglycemia
- Slows progression of AIDS
- Slows aging
- Contribute in DNA Repair and protection
- Protects against dementia
- Alleviates cardiovascular disease
- Alleviates hypertension
- Improves eyesight
- Protects from Alzheimer
- Protects from Osteoporosis
- Helps in stroke prevention
- Reduces risk of Type II diabetes
- Lowers frequency of migraine headaches
- Helps in preventing Epileptic seizures
- Prevents spot baldness
- Alleviates inflammation
- Minimizes premenstrual Syndrome (PMS)
- <https://www.microplantsrobert.com/en/microgreens-broccoli-raab.html>