

Sprouted Grains

A Positive Nutrition Powerhouse

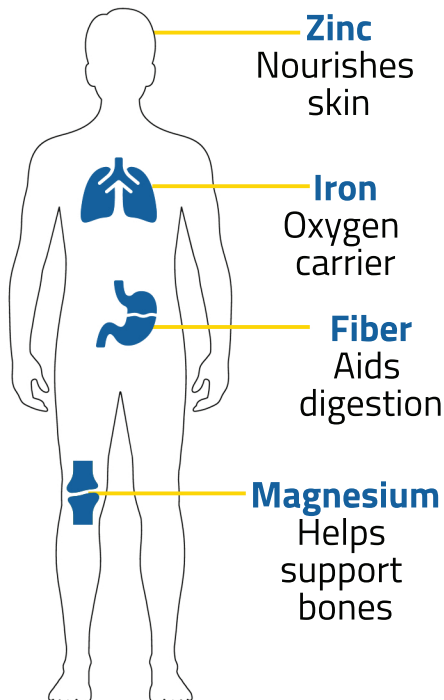
How the Magic Happens



When a grain kernel receives the perfect amount of warmth and water, it sprouts!

NUTRIENTS UNLOCKED

Sprouted grains are a great way to obtain essential minerals and fiber, helping you feel good



Zinc
Nourishes skin

Iron
Oxygen carrier

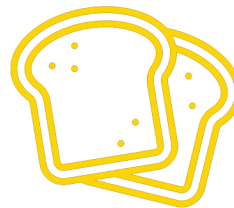
Fiber
Aids digestion

Magnesium
Helps support bones

ENJOYING SPROUTED GRAINS

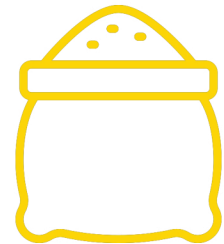
You can easily add sprouted grains to your positive eating routine

Sprinkle them into **salads or stir fries**



Use sprouted grain flours in your **favorite baked goods**

Check grocery aisles for products with sprouted grains



GastroDoxs
defenders of the digestive system