

Vitality Mix- sprouts

It contains alfalfa 40%, red clover 30%, Daikon radish 10%, Sango radish 10% and broccoli Raab 10%.

Seeds soaking (hours)	Rinse / drain per day	Days to harvest	Yield (weight ratio)
6-10	2	5-6	n/d



Seeds



6 days

Taste Slightly spicy due to the presence of radish and broccoli.

Appearance Seeds of varying sizes.

Nutrient Here is a great mix to keep up your vitality all day. Contains a significant amount of calcium, potassium, sodium and other mineral components, and essential amino acids and vitamins A, B1, B2, B3, B6, B8 and C.

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