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Printable Format

Alfalfa Seeds - 1 lb.



One of our personal favorites! Alfalfa Seeds are the most popular form of sprouting seeds and can be used in a wide variety of recipes, or enjoyed on their own as a quick, nutrient rich snack. As an outstanding source of vitamins, minerals, antioxidants and dietary fiber, NOW Alfalfa Seeds can put a healthy twist to your favorite salads, sandwiches, spreads, dips and cooked dishes. We recommend adding 1/4 teaspoon NOW Citric acid powder to each rinse cycle as a preservative. 90% germination guaranteed.

PRODUCT #: 7210
UPC: 733739072108
SRP: $5.49
Where to Buy
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Organic Products List

Nutrition Info

Serving Size: 3.5 oz (100 g) After Sprouted
Servings Per Container: 15

	Amount Per Serving	% Daily Value
Calories	40	
Calories from fat	5	
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Cholesterol	0 g	0%
Sodium	6 mg	0%
Total Carbohydrate	4 g	1%
Dietary fiber	2 g	8%
Sugars	0 g	
Protein	4 g	
Vitamin A		2%
Calcium		4%
Vitamin C		15%
Iron		4%

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

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Serving Size: 35 oz after sprouted

Suggested Use: Place two tablespoons of seeds in a sprouting jar with three times as much water as seeds. Soak overnight. Rinse seeds and drain twice daily, store in low humidity without direct sunlight. About the fourth day place rinsed sprout jar in indirect sunlight.

Other Ingredients: Alfalfa Seeds (85% Germination, 9% Hard Seed).

Warnings: None

Disclaimers: None

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