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Printable Format

Broccoli Seeds - 4 oz.



These seeds are specially selected, tested, and stored for high germination sprouting use. For best results, store the seeds in a dry (but not refrigerated) place. Researchers have recently discovered a number of exciting phytonutrients with amazing health protecting properties. One phytonutrient found in broccoli is sulforaphane. Researchers have determined that broccoli sprouts contain a much greater Sulforaphane content than broccoli florets. Enjoy these sprouts regularly.

PRODUCT #: 7215
UPC: 733739072153
SRP: $5.99
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Suggested Use: Soak 1/4 cup seeds overnight in room temperature water. Drain and put in sprouting jar or other sprouting unit and follow directions for that unit. Store in a dark environment for several days. On about the fourth day, place in indirect sunlight to develop chlorophyll in sprouts. Rinse and drain daily until sprouts are ready (about 3-5 days) add 1/2 tsp. NOW® Citric Acid powder per pint of rinsing water to reduce mold formation. Enjoy zesty broccoli seeds alone or as part of a salad.

Other Ingredients: 100% Broccoli Seeds (85% Germination).

Warnings: None

Disclaimers: None

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