

Benefits of Growing Your Own Sprouts

by Steve Meyerowitz, Sproutman®

- **No Soil. No Green Thumb. Only 1 min per day!**
- 4X the protein of lettuce! 2X the protein of Spinach. 39X more Beta-Carotene!
- 100% Organic Salad 52 weeks a year for only pennies per pound!
- Instead of 1 head of lettuce, you get 1,000's of baby lettuce leaves.
- Mild Flavors like Buckwheat lettuce & Alfalfa, or try spicy radish and garlic chives.
- Fresh Living Salad. No fat. Low in calories. High in Energy.
- Only 1 minute of watering per day. Needs only normal room light & temperature.
- What a Great Idea for a Gift! It's Easy. It's Fun. It's Educational. It's Healthy!

Organic	100% Organically Grown. No Chemicals Ever.
Nutrition	Alive with active nutrients and enzymes. You can feel the vitamins!
Availability	Year round. Any Season. Any Climate. Any Place. From Malibu to Moscow.
Economy	Only 25-50 cents per pound average cost.
Freshness	Living food is picked at mealtime. Keeps 1-2 weeks in refrigerator.
No Green Thumb	It's so Easy! No soil. No jars. No Bugs. No Hassle.
Easy to Use	Only 1-2 minutes care per day. 1 Pound grows in only 9 inches space.
Variety	14 Delicious Flavors to liven up your diet. Recipes Galore!
Self-sufficiency	Reduces dependence on commercially grown food. Great for camping, boating.
Ecology	No airplane fuel, oil, synthetic fertilizers, irradiation or preservatives involved.
Digestibility	Baby plants' delicate cell walls easily release live-cell nourishment.

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