

# Sprouted Lentils



In studies, lentils and yellow split peas have been observed to protect and promote healthier outcomes and benefits against colon cancer thanks to the many nutrients they provide (2). The legume family have been well known for their great benefits. They provide essential vitamins and minerals such as E, D, and folate (which is known to be an important vitamin for women to have, especially during pregnancy).

Through studies, researchers have found that legumes such as lentils and yellow split peas have a correlation in reducing risks of many chronic diseases. These legumes are also high in antioxidants, which helps the bodies get rid of the free radicals that are floating in our system. These legumes and peas are especially beneficial when sprouted due to the boost of nutrient values it gives when germinated (1) (2) (3) (4). Studies have also shown that there are high potentials that sprouted legumes and the antioxidant and inflammatory benefits it provides could inhibit cell proliferation as well as the first stages of cell apoptosis (death of cells) (2).



NUTS grains LEGUMES anti-inflammatory  
germination soak RINSE drain antioxidants  
HEART HEALTH fresh organic DIGESTIBLE  
delicious energy low calorie  
**Sprouted Seeds** appetizing satisfying  
SUPERFOOD bioavailable VERSATILE  
enzymes hydrating weight loss skin food fiber  
affordable RAW SIMPLE absorption  
NUTRITIOUS natural microgreens

## References:

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