

Sprouted Green Peas



Regarding diabetes and hypertension management, a study has shown and found that the increase of phenolic-enriched extracts in sprouted green peas could inhibit alpha- amylase and alpha-glucosidase (1). In many patients, this is a very important factor to maintain a healthy blood glucose levels as well as insulin levels. The sprouts also provided an increase of ACE 1 inhibitors, which helps reduce blood pressure from the end byproduct (ACT II- narrows the blood vessels) of angiotensin I and angiotensin converting enzyme (1). Sprouted green peas also have high levels of antioxidants, which again, can prevent the free radicals to oxidize and cause harm to the body.



NUTS grains LEGUMES anti-inflammatory
germinationsoakRINSEdrainantioxidants
HEART HEALTH fresh organicDIGESTIBLE
delicious energy low calorie
Sprouted Seeds appetizing satisfying
SUPERFOOD bioavailableVERSATILE
enzymeshydratingweight loss skin food fiber
affordable RAWSIMPLEabsorption
NUTRITIOUSnaturalmicrogreens

References:

1. BURGUIERES, E. L. I. Z. A. B. E. T. H.; MCCUE, P. A. T. R. I. C. K.; KWON, Y. O. U. N. G.-I. N.; SHETTY, K. A. L. I. D. A. S. HEALTH-RELATED FUNCTIONALITY OF PHENOLIC-ENRICHED PEA SPROUTS IN RELATION TO DIABETES AND HYPERTENSION MANAGEMENT. Journal of Food Biochemistry 2008, 32 (1), 3–14.