

Sprouted Sunflower Seeds

The sprouted sunflower seed truth

Our Sprouted Sunflower seeds contain health benefiting poly-phenol compounds such as chlorogenic acid, quinic acid, and caffeic acids, which help remove harmful oxidant molecules from the body. They are also an excellent source of essential fatty acids, vitamins, and minerals, especially vitamin E. “Vitamin E is a nutrient that’s important to vision, reproduction, and the health of your blood, brain and skin.” ([SOURCE](#))

Our sunflower seeds are sprouted to release digestive inhibitors and dehydrated at low temperatures until crispy and shelf stable. They make a wonderful Bio Available Snack on the Go!

Grown in Turkey, our [SUNFLOWER SEEDS](#) are certified organic and packaged with LOVE.

Sprouted Low & Slow

Most hOMe Grown products are SLOWLY dehydrated at LOW temperatures to preserve their Natural Enzymes, Vitamins and Minerals which are destroyed during high heat processing. What we eat is important, but what we digest and assimilate is a key to good HEALTH!

Meta Fields