

**Serving size:** 10 sprigs

## What to do with it when you are just getting started?

Place bundle in small glass or ball jar. Stems in water. Have kitchen scissors near by. Snip onto and into foods.

## Notable source of:

### VITAMINS

#### Water Soluble

**C** 13.3mg DV 22%

**Folate** 15.2mcg DV 4%

**Choline** 1.3 mg

#### Fat Soluble

**A** 842 IU DV 17%

**K** 164 mcg DV 205%

### MINERALS

**Calcium** 13.8mg DV 1%

**Magnesium** 5.0mg DV 1%

**Phosphorus** 5.8mg DV 1%

**Potassium** 55.4mg DV 2%

### AMINO ACIDS

**Tryptophan** 4.5mg

**Threonine** 12.2mg

**Isoleucine** 11.8mg

**Leucine** 20.4mg

**Lysine** 18.1mg

**Methionine** 4.2mg

**Cystine** 1.4mg

**Phenylalanine** 14.5mg

**Tyrosine** 8.2mg

**Valine** 17.2mg

**Arginine** 12.2mg

**Histidine** 6.1mg

**Alanine** 19.5mg

**Aspartic acid** 29.4mg

**Glutamic acid** 24.9mg

**Glycine** 14.5mg

**Proline** 21.3mg

**Serine** 13.6mg

### ANTI-OXIDANTS

Bioflavonoid **Luteolin** 556 mcg

### FATTY ACIDS

Total Omega-3 fatty acids 0.8mg

Total Omega-6 fatty acids 11.5mg

**Benefits:** Helps cells to reduce damage caused by oxygen radicals.

Inhibits allergies. Bone health. Blood pressure. PMS.

Anti-inflammation. Diuretic.

**Family:** Umbellifer.

**Color:** Green