



# On your mark, get set, sprout!



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A.Vogel offers a whole range of top-quality sprouting seeds, as well as bioSnacky® sprouters, so you can grow your own sprouts, seeds and fine herbs. Organically grown, non-treated and additive and GMO-free, bioSnacky® brand sprouting seeds are easy to grow and yield sprouts as fresh and crisp as anything you could grow in your garden.

bioSnacky® sprouts are living food in its simplest and unadulterated form. They provide countless nutrients to the body, including minerals, vitamins, protein and fibre.

With bioSnacky®, you can eat well year round, even if you don't have a green thumb.

## BIOSNACKY® SPROUTERS

Watch sprouts come to life in your own kitchen, ready for harvesting in just a few days!

### Original bioSnacky® sprouter

- Grow up to three varieties at a time
- Easy to maintain
- Scratch, break and UV-resistant
- Sprouting trays with aeration grooves and a sophisticated irrigation system
- BPA-free



### bioSnacky® sprouting jar

- Easy to use
- Dishwasher safe
- Made of glass, so 100% recyclable



## USE OF ORIGINAL SPROUTER AS EASY AS 1-2-3

- 1 Carefully rinse the seeds in a sieve before use.
- 2 Make sure the red drain caps are in place and working properly. Tip: To set the irrigation process in motion, place the red drain caps over the openings, without pushing down too much. Before adding seeds to the tray, ensure that it drains properly.
- 3 Spread the seeds out evenly according to the recommendations on the seed package.
- 4 Fill the top tray with water until the red drain cap is completely covered.
- 5 Allow the water to drain down to the lowest tray (the collector tray).
- 6 Empty excess water from the collector tray.
- 7 Put the cover on the sprouter and place it on a level surface in a bright area, avoiding direct sunlight.

Sprouted seeds help make up for dietary deficiencies caused by our modern diet, while kick-starting the body's detoxification process. Once sprouted, bioSnacky® sprouts are highly nutritious. They contain **vitamins**, including vitamins **B, C and E**, and are packed with **minerals such as magnesium, calcium, iron and phosphorus**. Above all, they are **high sources of protein** made up of all the **essential fatty acids** the body needs.

**Rich in fibre**, bioSnacky® sprouts help keep you regular. The sprouting process produces digestive enzymes (lipases, proteases and amylases) that help our own digestive enzymes break down fats, protein and complex sugars. Our bioSnacky® seeds and sprouts are veritable fountains of vitality and health benefits.

## bioSnacky® seeds come in 4 delicious individual varieties, as well as our special mixtures.

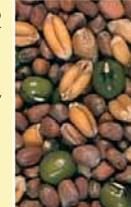
Type		
<b>Alfalfa</b> <i>(gluten-free)</i>	High in vitamins A, B2, C, D and niacin; in minerals and trace elements such as magnesium and iron; in the eight essential amino acids that make up protein; chlorophyll and fibre.	
<b>Mung beans</b> <i>(gluten-free)</i>	Vitamins A, B1, B2, B3, B12 and C; high in vitamin E; iron, potassium, calcium, magnesium and phosphorus.	
<b>Little Radish</b> <i>(gluten-free)</i>	Vitamins A, B1, B2 and C; iron, potassium, calcium, magnesium, niacin, sodium and phosphorus.	
<b>Red clover</b> <i>(gluten-free)</i>	Vitamins C and E, minerals, essential oils, phytoestrogens and isoflavonoids.	

### Tips for maximizing your harvest.

*Some helpful advice – not too much, not too little!*

- Space seeds evenly.
- Make sure the seeds are watered properly.
- Rinse frequently, especially in warm weather.
- Make sure the water drains properly.
- Ideal temperature: between 18°C and 22°C.

For fresh, high-quality sprouts, even on your first try, start with easy-to-sprout seeds like mung beans, alfalfa or radish.

Type		
<b>Detox Mix</b> red clover, white radish, mung beans and lentils. <i>(gluten-free)</i>	Vitamins A, B1, B2, B6, B12, C and E; calcium, iron, potassium, manganese, magnesium, sodium, niacin, phosphorus and zinc.	
<b>Fitness Mix</b> mung beans, white radish and wheat.	Vitamins A, B1, B2, B3, B6, B12 and C; high in vitamin E; iodine and potassium; high in calcium, manganese, magnesium, sodium, niacin, pantothenic acid, phosphorus, sulfur and zinc.	
<b>Mild Aromatic Mix</b> lentils, mung beans and white radish. <i>(gluten-free)</i>	Vitamins A, B1, B2, B3, B6, B12, C and E; iron, potassium, calcium, magnesium, manganese, sodium, niacin, phosphorus and zinc.	
<b>Gourmet Mix</b> quinoa, black radish and lentils. <i>(gluten-free)</i>	Vitamins A, B1, B2, B3, B6 and B12; high in vitamins C and E; iron, potassium, calcium, manganese, sodium, niacin, phosphorus and zinc.	



### White fluff

Some types of seeds, white radish, mustard and alfalfa, produce ultrafine fibrous roots that are easy to mistake for mould but don't worry, they're not!

For simple recipes and information about other A.Vogel products, visit us at [www.avogel.ca](http://www.avogel.ca).