

Sprouting Multiplies Vitamins

Grain, vegetable and legume sprouts are storehouses of enzymes and vitamins. They enrich both the attractiveness of meals and the intake of valuable nutrients.

When sprouted, grains undergo multiple changes that not only increase the vitamin content. Sprouted wheat, like beans, improves the digestibility of proteins, caused by an improved composition of its amino acids. The lysene content of wheat is also increased up to 30 per cent during sprouting.

In only one day at room temperature (between 70 and 80 F), the sprouts of grains increase vitamin contents as follows (in percentages):

Vitamin B ₁	(thiamine)	30 - 50
Vitamin B ₂	(riboflavin)	65
Vitamin B ₆	(pyridoxine)	50
Vitamin E	(tocopherol)	115
Vitamin A	(carotene)	190

After five days of sprouting, the vitamin B₂ value of wheat increases as much as 500 per cent. The following figures refer to milligrams per 100 grams.

Vitamins	Wheat	Sprouted Wheat	Increase in %
Vitamin B-1	0.7	0.9	30%
Vitamin B-2	0.1	0.6	500%
Vitamin B-6	0.5	1.0	100%
Niacin	4.0	10.0	150%
Pantothenic acid	1.0	2.2	120%
Biotin, Vitamin H	0.02	0.04	100%
Folic Acid, B-9	0.03	0.12	300%