Alfalfa

Alfalfa

The alfalfa plant (*Medicago sativa Linn.*) is grown for its unique blend of protein, B vitamins, and minerals. It is a perennial flowering legume widely grown across the world. The sprouts and whole plant material can be used to deliver essential nutrients and phytoactive compounds.

Phytoactives

Flavones
Compounds with anti-inflammatory, antimicrobial, and anti-cancer activity

Adenosine
Apigenin
Luteolin

Chlorophyll
Green pigment in plants with potential anti-inflammatory, antioxidant, and anti-bacterial activity

Saponins
Support the immune system, healthy cholesterol levels, and blood glucose levels

Bayogenin
Foumononetin
Hederagenin
Medicagenic Acid
Soyasapogenol A
Soyasapogenol B
Soyasapogenol E
Soyasaponin I
Zahnic Acid

Flavonols
Promote antioxidant activity and vascular health

Quercetin *(17 mcg/g)**

Carotenoids
Antioxidants with anti-cancer potential and may lower risk of macular degeneration

Beta-carotene *(0.87 mg/g)**
Alpha-carotene *(0.06 mg/g)**
Beta Cryptoxanthin *(0.06 mg/g)**

What is the Whole Food Matrix?

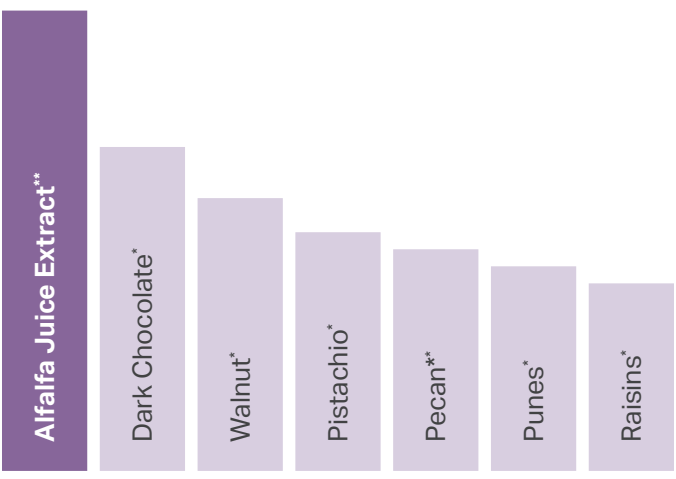
- *Supports balanced immune modulation for healthy inflammation response*
- *Supports gut microbes and a healthy metabolic fingerprint of the gut*
- *Enhances nutrient bioavailability up to 60%*
- *Includes organic and adaptive regenerative farming techniques that deliver a nutrient-dense source of key phytonutrients and help balance healthy lifestyles*
- *Increases intake of vegetables and fruits in whole food nutrition to influence individual epigenetic expression*

Gallic Acid Equivalence

GAE, or "gallic acid equivalence," indicates levels of important phytoactives available in the plant and extracts. GAE is derived by comparing to the gallic acid reference standard, a simple phenolic substance. Studies have shown that phytoactives in plants contribute to their beneficial effect on development of chronic diseases.

Total Phenolic Concentration

Measured: Total Phenolics as Gallic Acid Equivalence (mg/g)



* Data is mean values from Phenol-Explorer Database[1] ** Data on file with WholisticMatters
Values subject to change based on strain and experimental methods

Key Nutrients

Percentages shown as %DV per serving of 5g alfalfa juice extract

28% — **MANGANESE**
Essential mineral incorporated in enzymes that metabolize macronutrients; helps protect mitochondria from oxidation and forms both collagen and cartilage

BIOTIN — **27%**
B vitamin necessary for energy metabolism, histone modification, gene regulation, and cell signaling

14% — **RIBOFLAVIN**
Water-soluble vitamin vital for energy production, cell function, metabolism, and growth/development

COPPER — **10%**
Essential mineral required for proper usage of iron in the body, neurotransmissions, and maturation of connective tissues

8% — **PANTOTHENIC ACID**
Water-soluble vitamin important for energy metabolism, enzyme activation, signal transduction, and biosynthesis of fats and cholesterol

Other Nutrients

In order of %DV per 5g alfalfa juice extract

- Magnesium
- Calcium
- Potassium
- Iron
- Thiamin
- Vitamin B_6
- Niacin
- Zinc
- Selenium
- Phosphorus
- Choline
- Fiber
- Folate

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