



# Complement Sprouting Helper

## Use

Psittacus Sprouting Helper is a product based on citric extracts which facilitates the process of germination, minimizing the risk of growth of fungus and/or bacteria. It is intended to be added in the water used for rinsing the seeds and to hydrate those to sprout. It is also intended to increase the time of water's potability.

## Directions of use

**For the sprouts:** From 1 to 2 ml of Sprouting Helper per liter of water.

**For drinking water:** From 0,25 to 0,5 ml of Sprouting Helper per liter of water.

## Daily intake

It is primordial to exclusively select seeds with a high sprout percentage. Seeds without the capacity to germinate do not improve during the process and will tend to deteriorate, dragging down the correct germination of live seeds and obtaining a great sprout.

**First day:** Repeatedly rinse the seeds with plenty of water and then enrich it with Sprouting Helper in the previous indicated doses. Proceed to hydrate the seeds keeping them in the water and the Sprouting Helper solution during 24 hours, at room temperature. Use 2-3 liters of solution per each kg of seeds.

**Second day:** It is recommended to rinse the hydrated seeds once again in a solution already prepared and let them drain. The seeds need to be moved, still wet, into a bowl or a similar container (with holes for drainage) and be let to sit for 24 hours.

**Third day:** Depending on the characteristics of the seeds to germinate and the room temperature, 24 hours should be enough for the sprouting process to begin. If 24 hours are insufficient, rinse and plunge the seeds during 15 to 30 minutes in the Sprouting Helper solution, drain them and wait other 24 hours.

## Observations:

- Once germination is initiated, seeds will be ready to be consumed.
- If it is intended to use the same germinated seeds during some days, it is advisable to keep them inside the fridge in a closed container (not hermetic) and daily rinse them with the Sprouting Helper solution.

## Should keep in mind:

- The smell of germinated seeds is an excellent indicator of its quality. We should abstain to supply any germinated seed to birds that do not emit good smell.
- During the process of germination, heat is generated. It is important that the inner temperature of the seed mass under germination is not excessively increased. The thickness of seeds layer and room temperature decisively influence the accumulation of heat.

## Composition

Citrus extract, propylene glycol, excipient: c.s.p. 100%

## Additives

Flavouring (Origanum vulgare) / Acidity regulators (Citric acid, Lactic acid)

## Package size

Dispenser bottle of 250 ml

