

## Freshly Milled Organic Whole Grains

| Nutrient or phytonutrient | Likely role or benefit                                                        |
|---------------------------|-------------------------------------------------------------------------------|
| Dietary fiber             | Supports digestive regularity, fullness, and beneficial intestinal bacteria   |
| Complex carbohydrates     | Provide energy and generally digest more gradually than refined carbohydrates |
| Plant protein             | Supports tissue maintenance, enzymes, and normal body functions               |
| Thiamin                   | Supports energy metabolism and nervous-system function                        |
| Riboflavin                | Helps the body release energy from food                                       |
| Niacin                    | Supports energy metabolism and nervous-system function                        |
| Vitamin B6                | Supports amino-acid metabolism and neurotransmitter production                |
| Folate                    | Supports DNA synthesis and normal cell division                               |
| Vitamin E                 | Helps protect cell membranes from oxidative damage                            |
| Iron                      | Supports oxygen transport in the blood                                        |
| Magnesium                 | Supports muscle, nerve, enzyme, and energy functions                          |
| Zinc                      | Supports immune function, healing, and enzyme activity                        |
| Selenium                  | Supports antioxidant enzymes and thyroid function                             |
| Phosphorus                | Supports bones, cell membranes, and energy metabolism                         |
| Manganese                 | Supports metabolism, bone formation, and antioxidant enzymes                  |
| Copper                    | Supports connective tissue and iron metabolism                                |
| Ferulic acid              | A grain phenolic associated with antioxidant activity                         |
| Lignans                   | Plant compounds associated with whole-grain consumption                       |
| Alkylresorcinols          | Compounds concentrated in the outer layers of wheat and rye                   |
| Carotenoids               | Pigments with antioxidant roles; amounts vary by grain variety                |
| Anthocyanins              | Colored-grain pigments found in some purple, blue, or red grains              |

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