

GREENS by Ceyplanta



# PRODUCT CATALOG

2025



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No 235, Galle Rd, Thalpitiya  
South, Wadduwa



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## BEETROOT

### Nutrients:

- Vitamin A, B6, C
- Folate, Iron, Magnesium, Manganese
- Betaine and nitrates.

### Benefits:

- Improves blood flow and reduces blood pressure
- Supports liver function and detox
- Anti-aging and skin-friendly
- Enhances stamina



## MUSTARD

### Nutrients:

- Vitamins A, C, K, E
- Calcium, Iron, Selenium
- Glucosinolates (natural detoxifying compounds)

### Benefits:

- Promotes detox and liver health
- Boosts metabolism
- Supports healthy skin and bones
- Fights bacteria and inflammation



## RADDISH

### Nutrients:

- Vitamin C, B6, K
- Calcium, Potassium, Magnesium
- High in antioxidants and sulfur compounds

### Benefits:

- Boosts immune function
- Aids digestion and liver detoxification
- Anti-inflammatory and antimicrobial
- Improves skin health





## WATER SPINACH

### Nutrients:

- Iron, Vitamin A, and C
- Calcium, Magnesium
- Dietary fiber

### Benefits:

- Helps fight anemia (high iron)
- Supports eye health
- Promotes digestion
- Acts as a natural detoxifier

## AMARANTH

### Nutrients:

- Protein, Iron, Magnesium, Phosphorus
- Vitamin C, A, B6
- Dietary fiber

### Benefits:

- Supports heart health
- Enhances digestion and metabolism
- Builds muscle (plant protein source)
- Useful in diabetes control



## RED AMARANTH

### Nutrients:

- Iron, Calcium, Vitamin A, C, E
- Lysine (an essential amino acid)

### Benefits:

- Supports red blood cell production
- Promotes healthy bones and eyesight
- Antioxidant-rich and anti-inflammatory
- Supports the immune system





COMING SOON

## MIX AMARANTH

The Mix Amaranth microgreen meal includes both Green and Red Amaranth. And this contains all the nutrients found in amaranth microgreens.



## CORIANDER

### Nutrients:

- Vitamins A, C, K
- Iron, Calcium, Potassium
- Detoxifying compounds (chelating heavy metals)

### Benefits:

- Aids in digestion and detox
- Helps lower blood sugar
- Anti-anxiety and anti-inflammatory
- Promotes clear skin



COMING SOON





## KALE

### Nutrients:

- Vitamins A, C, K, B6
- Calcium, Iron, Manganese
- Lutein and Zeaxanthin (eye health)

### Benefits:

- Excellent for bone and eye health
- Rich in antioxidants
- Supports detoxification
- Strengthens immunity



## CABBAGE

### Nutrients:

- Vitamins C, K, and B6
- Sulforaphane (a cancer-fighting compound)
- Potassium, Calcium, Fiber

### Benefits:

- Supports heart health and cholesterol reduction
- Antioxidant and anti-cancer properties
- Aids digestion and gut health
- Supports brain function



**COMING SOON**

## BASIL

### Nutrients:

- Vitamin K, A, C
- Iron, Calcium, Magnesium
- Polyphenols and essential oils (e.g., eugenol)

### Benefits:

- Anti-inflammatory and antibacterial
- Supports cardiovascular health
- Improves digestion
- Calming effect on the nervous system





## MUNG BEAN



### Nutrients:

- Vitamin C
- Vitamin K
- Folate (B9)
- Protein
- Fiber
- Iron
- Potassium
- Antioxidants

### Benefits:

- Boosts immunity
- Aids digestion
- Supports skin health
- Helps regulate blood sugar
- Promotes heart health

## MILLET

### Nutrients:

- Magnesium
- Phosphorus
- Iron
- Zinc
- B-complex vitamins
- Protein
- Antioxidants (especially phenolic compounds)

### Benefits:

- Supports bone health
- Helps reduce inflammation
- Good for heart and liver function
- May assist in diabetes control
- Aids in detoxification



## CORN SHOOT

### Nutrients:

- Vitamin C
- Vitamin A
- Iron
- Chlorophyll
- Enzymes
- Amino acids

### Benefits:

- Boosts energy naturally
- Supports eye health
- Rich in antioxidants
- Aids digestion
- Has mild detoxifying properties



COMING SOON

## PEA SHOOTS

### Nutrients:

- Vitamins C, K, and B6
- Sulforaphane (a cancer-fighting compound)
- Potassium, Calcium, Fiber

### Benefits:

- Supports heart health and cholesterol reduction
- Antioxidant and anti-cancer properties
- Aids digestion and gut health
- Supports brain function



## CUSTOMIZED MIX MICROGREENS

Nutrients depend on the customized microgreen package. And sure, this will be highly nutritious.



# EDIBLE FLOWERS



## MARI GOLD

### Nutrients:

- rich in healthy phytochemicals such as flavonoids, carotenoids, anthocyanins, and various other antioxidants

### Benefits:

- protect heart health, reduce inflammation, and potentially reduce the risk of cancer.



**COMING SOON**

## BUTTERFLY PEA

### Nutrients:

- antioxidants (anthocyanins),
- vitamins, minerals,

### Benefits:

- anti-inflammatory, antimicrobial, and skin-enhancing properties.
- protect cells from oxidative stress, support skin health, and may slow signs of aging





## DIANTHUS

### Nutrients:

- Antioxidants: Flavonoids and phenolic compounds that help neutralize free radicals.
  - 
  - Vitamin C: Supports immunity and skin health.
  - 
  - Saponins & Tannins: Known for antimicrobial and anti-inflammatory effects.
  -
- Essential oils: Eugenol and other aromatic compounds with calming effects.

### Benefits:

- Anti-inflammatory properties – May help reduce inflammation.
- Digestive support – Traditionally used in teas for relieving indigestion.
- Mood enhancement – The scent and compounds may reduce anxiety and stress.
- Skin benefits – Often used in skincare for toning and refreshing the skin.
- Mild detoxification – Traditionally used in Chinese medicine to promote detox and urination.



**COMING SOON**



## WISHBONE

### Nutrients:

- Pigments (anthocyanins) – Natural antioxidants.
- Flavonoids – Help protect cells from oxidative stress.
- Small amounts of vitamins A and C

### Benefits:

- Antioxidant properties – Helps reduce cellular damage.
- Skin Support – Anthocyanins are associated with skin protection and anti-aging benefits.
- Eye health – Anthocyanins may support vision.
- Mood and sensory appeal – Bright colors can improve appetite and mood in meals.



## BEGONIA

### Nutrients:

- Vitamin C
- Organic acids (like oxalic acid – in moderation)
- Flavonoids

### Benefits:

- Acts as a mild antioxidant
- Refreshing taste and used for its cooling effect
- Traditionally used to ease digestive discomfort
- Aids skin hydration



## ROSE

### Nutrients:

- Vitamin C
- Polyphenols
- Antioxidants
- Flavonoids

### Benefits:

- Supports skin and hair health
- Helps with menstrual discomfort
- Calming effect on mood and stress
- Supports the immune system
- Promotes hydration



## ZINNIA

### Nutrients:

- Vitamin C
- Flavonoids
- Antioxidant compounds

### Benefits:

- Antioxidant support
- May assist in soothing minor inflammations
- Adds vibrant color and mild crunch to salads
- Traditionally used in folk medicine for wound healing



COMING SOON



COMING SOON

## IMPATIENT

### Nutrients:

- Trace antioxidants
- Vitamin C (minor amounts)

### Benefits:

- Adds visual appeal to dishes
- Mildly cooling properties
- Used traditionally to soothe skin or minor irritations
- Limited modern nutritional study, but safe in moderation



## MALAYSIAN GOTUKOLA

- Vitamin C
- B-complex vitamins
- Calcium
- Magnesium
- Iron
- Triterpenoids (asiaticoside, madecassoside)

### Benefits:

- Enhances brain function and memory
- Promotes wound healing and skin health
- Reduces anxiety and stress
- Supports blood circulation
- Anti-inflammatory and anti-aging effects

## PREMIUM CEYLON CINNAMON

High-quality Ceylon cinnamon.

### Benefits:

- Anti-viral, Anti-bacterial, Anti-Fungal
- Glucose level control
- Reduce Colon Cancer
- Powerful Antioxidant



## PLANTATION SEEDS

We have almost all kinds of plantation seeds available with us. ( Pepper, Chili, Tomato, Eggplant, Etc )





# GREENS BY CEYPLANTA

Fresh Greens, Healthy Living

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