



## Super Nutrition from Revitalised Soils

It has been recently demonstrated that soils managed organically, revitalised by a range of natural minerals and enriched with organic matter have provided vegetable produce with superb flavour and rich in health promoting mineral nutrients.

Australian soils are generally very old and leached of important plant nutrients. Today's high tech food production systems do not emphasise sufficiently the important link between the nutritional quality of the plant and the fertility of the soil.

### Analysis of vegetable produce

The table below illustrates some mineral analyses of organic produce grown on mineral enriched and biologically revitalised soil and analysis of similar items purchased from a supermarket.

		<i>Beans</i>	<i>Tomatoes</i>	<i>Capsicum</i>	<i>Silver Beet</i>
Calcium	S	40	6.7	4.7	65
	O	480	67	84	1600
Potassium	S	260	200	150	450
	O	1900	300	1600	2600
Magnesium	S	26	10	11	69
	O	240	89	700	1700
Sodium	S	<1	2.4	<1	180
	O	<10	26	20	1800
Iron	S	6	<5	5	1.4
	O	<5	<5	<5	9.4
Zinc	S	.38	.19	.13	.57
	O	3.4	1.2	2.5	130

**O = organic treatment S = Supermarket Produce**

The vegetables produced from revitalised soils are generally more than ten times higher in nutritional elements than the supermarket samples.

### FOR FURTHER INFORMATION CONTACT

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