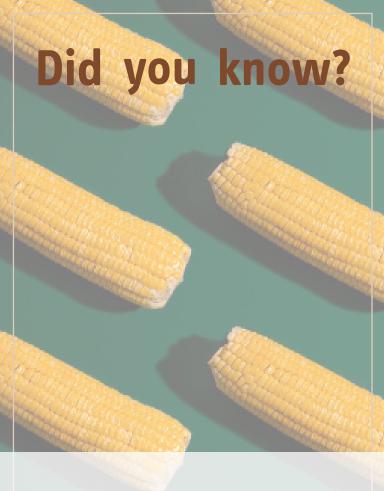


Ancient cob is < 10th the size of modern corn cobs at about 2cm (0.8inches) long.





Corn contains Vitamin C and antioxidants that produce collagen.



Indian corn is traditionally used in autumn harvest decorations.



Corn is used to produce ethanol, a first generation liquid biofuel.

## **Nutrition Facts**

Vitamin B1	43%
Vitamin B5	20%
Vitamin B9	15%
Vitamin B12	0%
Vitamin C	11%
Iron	4%

Corn reduces the risk of anemia in helping the production of red blood cells.

Corn lowers blood sugar and cholesterol levels.

Learn More on ROOTS' website

