

Quelles vitamines trouve t-on dans les différentes graines après germination ?

	A Rétinol	B1 Thiamine	B2 Riboflavine	B3 ou PP Niacine Nicotique	B5 Acide Pantothénique	B6 Pyridoxine	B8 ou H Biotine	B9 Acide Folique	B12 Cyano Cobalamine	C Acide Ascorbique	D Calciférol	E Tocophérol	F Acide Linoléique Alpha Linoléique	K Phylloquinone	P Citrine	U
Amandes Californiennes	Present	Present	Present	Present	Absent	Present	Absent	Present	Absent	Present	Absent	Present	Absent	Absent	Absent	Absent
Avoine	Absent	Present	Present	Present	Absent	Present	Absent	Present	Absent	Absent	Absent	Present	Absent	Absent	Absent	Absent
Azukis	Absent	Present	Present	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Absent
Blé	Present	Present	Present	Present	Absent	Present	Absent	Present	Absent	Present	Absent	Present	Absent	Absent	Absent	Absent
Carotte	Present	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Absent
Céleri	Absent	Present	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Present	Absent	Absent	Absent	Absent	Absent	Absent
Cresson	Present	Present	Present	Present	Absent	Present	Absent	Absent	Absent	Present	Absent	Present	Absent	Absent	Absent	Absent
Fénugrec	Present	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Present	Absent	Absent	Absent	Absent	Absent	Absent
Lentilles	Present	Present	Present	Present	Present	Present	Absent	Present	Present	Present	Absent	Present	Absent	Absent	Absent	Absent
Lin	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Present	Absent	Absent	Absent	Absent
Luzerne	Present	Present	Present	Absent	Present	Present	Absent	Present	Absent	Present	Present	Present	Present	Present	Absent	Present
Mais	Present	Present	Present	Present	Present	Present	Absent	Present	Absent	Present	Absent	Present	Absent	Present	Absent	Absent
Millet	Present	Present	Present	Present	Absent	Present	Absent	Absent	Absent	Absent	Absent	Present	Absent	Absent	Absent	Absent
Orge	Present	Present	Present	Present	Present	Present	Absent	Present	Present	Absent	Absent	Present	Absent	Absent	Absent	Absent
Persil	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Absent	Present	Absent	Absent	Absent	Absent	Absent	Absent
Pois	Present	Present	Present	Present	Present	Present	Absent	Present	Present	Present	Absent	Absent	Absent	Absent	Absent	Absent
Pois Chiche	Present	Present	Present	Present	Present	Present	Absent	Present	Present	Present	Absent	Absent	Absent	Absent	Absent	Absent
Radis	Present	Present	Present	Present	Absent	Absent	Absent	Absent	Absent	Present	Absent	Absent	Absent	Absent	Absent	Absent
Riz	Absent	Present	Present	Present	Present	Present	Absent	Present	Absent	Present	Absent	Present	Absent	Absent	Absent	Absent
Sarrazin	Absent	Present	Present	Present	Present	Present	Absent	Absent	Absent	Absent	Absent	Present	Absent	Absent	Present	Absent
Seigle	Present	Present	Present	Present	Present	Present	Absent	Present	Absent	Present	Absent	Present	Absent	Absent	Absent	Absent
Sésame	Present	Present	Present	Absent	Absent	Absent	Absent	Absent	Absent	Present	Absent	Present	Absent	Absent	Absent	Absent
Soja Jaune	Absent	Present	Present	Present	Absent	Present	Present	Present	Present	Present	Absent	Present	Absent	Present	Absent	Absent
Soja Vert	Absent	Present	Present	Present	Absent	Present	Present	Absent	Absent	Present	Absent	Absent	Absent	Absent	Absent	Absent
Tournesol	Absent	Present	Present	Present	Absent	Absent	Absent	Absent	Absent	Present	Absent	Present	Absent	Absent	Absent	Absent

Present :	Present	Absent
Absent :	Absent	Present