



# Broccoli Sprout Capsules

- 100 mg Broccoli Extract
- 0.5% sulforaphane
- 90 Capsules

No longer are we subject to eating Broccoli in its original form to provide our bodies with anti-oxidant protection. According to studies conducted by Dr. Paul Talalay at John Hopkins University, Broccoli sprouts have the same, if not stronger effects. Mature broccoli is packed with vitamins, minerals, fiber and several phytochemicals that are proving to be powerful anti-cancer agents in the lab. Young broccoli sprouts, however, have a much higher concentration of two types of these cancer-fighting chemicals known as glucosinolates and isothiocyanates (sulforaphane).

Studies have shown that an extract from broccoli sprouts can reduce the risk of bladder cancer by providing a high dose of isothiocyanates, in particular sulforaphane. Rats fed an extract of broccoli sprouts show increased production in their bladder tissue of two enzymes crucial for protecting cells from oxidants and cancer-promoting chemicals. People lacking these enzymes are at increased risk of bladder cancer. Cancer Research, March 1, 2008.

The glucosinolate break-down products, sulforaphane and indole-3-carbinol (I3C), have also been shown to prevent breast tumor growth in lab animals. Researchers at the Johns Hopkins University School of Public Health are investigating whether tea made from broccoli sprouts can help break down cancer-causing substances in the bodies of people at high risk for liver cancer. A small clinical trial published in Gynecological Oncology in 2000 suggested that I3C alone may help treat cervical cancer in women, but larger studies are needed. Hopkins researchers also discovered Sulforaphane is a potent promoter of detoxifying Phase 2 enzymes. Sulforaphane, an isothionate helps increase the activity of Phase II enzymes, such as quinine reductase and glutathione transferase.

Each capsule of Broccoli sprouts contains the same Sulforaphane level as a 9-10 ounce serving of Broccoli. Broccoli sprouts are among the most potent anti-carcinogens in the food industry, with a presence of Sulforaphane found in significant quantities.

Broccoli sprouts can be used to top off salads or taken in a capsule form as offered by Oregon Health. Broccoli sprouts, in its earliest forms, not only have the highest levels of Sulforaphane, but also have more edible tastes than mature Broccoli. Oregon Health's Broccoli sprouts capsules use a steam injection vacuum drying process to effectively concentrate many of the precious "Phytochemicals" and keep the Sulforaphane levels high. The Sulforaphane in each of Oregon Health's Broccoli Capsule is the equivalent of (1) ounce serving of Broccoli sprouts.

**Note: These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

Fahey, J.W., Y. Zhang and P. Talalay. 1997. Broccoli sprouts: An exceptionally rich source of inducers of enzymes that protect against chemical carcinogens.

Proceedings of the National Academy of Sciences 94 (Sep.16): 10367.

Stroh, M. 1992. Inside Broccoli: A weapon against cancer. Science News 141 (March 21): 183.

Gerhauser, C., et al. 1997. Cancer chemopreventive potential of sulforamate, a novel analogue of sulforaphane that induces phase 2 drug-metabolizing enzymes. Cancer Research 57 (Jan.15): 272

