



**Cruciferous Vegetables
are Especially Valuable
for Women!**

There are several compounds in cruciferous vegetables that have been shown to support processing of estrogen in a woman's body.Δ‡

ΔFowke JH, Longcope C, Herbert JR. (2000)
Brassica vegetable consumption shifts estrogen
metabolism in healthy postmenopausal women.
Cancer Epidemiol Biomark Prev 9:773-9

‡This is a new area of study, so research
is ongoing.



Quality

From Seed to Supplement®

*At our office, we believe that
given the proper nutrition, your
body has the amazing
capability of keeping
itself healthy. We also
believe that nutrition
should be individualized
to meet each patient's needs.*

*For these reasons and
many more, we proudly
recommend Standard Process
whole food supplements.*



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Cruciferous Complete™

Uncommon | Unbelievably
Veggies | Nutritious



How These Organic Ingredients Keep You Healthy



Not Commonly Consumed, But So Good for You

Cruciferous vegetables, like kale and Brussels sprouts, are packed with nutrients that support detoxification of the liver and digestive tract. These vegetables also contain unique compounds that provide protection from oxidation. Large population studies have shown the value of vegetables like these in maintaining long-term health.

Kale and Brussels sprouts are packed with phytonutrients, like beta-carotene and lutein; vitamins C and K; important minerals like potassium and calcium; and, of course, dietary fiber. These all help support a healthy body.

Good News for the Liver

Research completed by Standard Process has shown that the compounds in kale and Brussels sprouts promote the phases of the detoxification process.

Phase 1—the liver prepares foreign substances for elimination.

Phase 2—liver cells add substances (sugars, sulfur, or amino acids) to the toxins to aid in their removal.*

Antioxidants to the Rescue

Important phytonutrients in these vegetables help protect against free radicals, the highly unstable molecules that can damage cells and genetic material.*

The Eyes Have It

Green vegetables contain carotenoids, which can help protect cell membranes. Carotenoids, like beta-carotene and lutein in particular, support healthy eye function.*

Immunity and More

Vitamin C is known to support our immune system, but it also maintains healthy connective tissue and aids in iron absorption.*

Healthy Blood and Bones

Vitamin K aids in blood clotting, promotes healthy liver function, and facilitates bone mineralization (essential for the bone's hardness and strength).*

Keeping the Body in Balance

Potassium supports a healthy electrolyte balance and normal cardiovascular function. Kale and Brussels sprouts are nutritious foods that contain potassium.*

No Bones About It

The calcium in kale is as bioavailable (absorbable) as calcium from milk.*

The benefits of eating kale and Brussels sprouts are clear. And while all of the benefits are still under review, supplementation with cruciferous vegetables could help build a solid nutritional foundation for health. Cruciferous Complete is a vegetarian supplement containing organically grown kale and Brussels sprouts. Ask your health care professional if this product can help you meet your health goals.



*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.