Brussels Sprouts

Brussels sprouts (Brassica oleracea var. gemmifera) are a cruciferous vegetable associated with production of detoxification enzymes, antioxidant properties, cardiovascular protection, and anti-carcinogenic activity. Brussels sprouts are a staple vegetable in healthy diets, grown for their rich supply of glucosinolates and nutrients. Eating Brussels sprouts and other leafy green vegetables improves your food quality score (FQS).

Phytoactives

Chlorophyll
Green pigment in plants with potential anti-inflammatory, antimicrobial, and anti-bacterial activity.

Myrosinase
Enzyme found in plant tissue that initiates conversion of glucosinolates to biologically active isothiocyanates.

Glucosinolates
Sulfur-containing secondary metabolites mostly found in cruciferous vegetables, which act on myrosinase from the plant or gastric juice to release isothiocyanates, associated with positive effects stemming from antioxidant activity such as cardiac protection and detoxification support.

Glucobericin (0.61 mg)**
Glucoiberin (0.45 mg)**
Sinigrin (0.37 mg)**
Progoitrin (0.12 mg)**
Glucoraphasatin (0.11 mg)**
Glucoraphanin (0.10 mg)**
Gluconapin (0.07 mg)**

Carotenoids

Antioxidants with anti-cancer potential that may lower risk of macular degeneration.

Luteolin (30.2 mcg/g)**
Lutein (11.8 mcg/g)**
Beta Carotene (15.8 mcg/g)**
Luteolin (1.7 mcg/g)*
Quercetin (9.5 mcg/g)*
Quercetin (3.0 mcg/g)*

Fiber
Promote healthy cholesterol levels, promote cardiovascular health, support healthy bowel function.

Lignans
Large plant polyphenolic compounds that bypass human digestion, feed gut bacteria, and provide antioxidant activity.

Lariciresinol (493 mcg/g)*
Pinoresinol (220 mcg/g)*
Secoisolariciresinol (10.6 mcg/g)*

What is the Whole Food Matrix?

Supports balance immune modulation for healthy inflammation response.

Supports gut microflora and a healthy metabolic fingerprint of the gut.

Organic and adaptive regenerative farming techniques deliver nutrient dense classes of key Phytochemicals and help balance healthy lifestyles.

Increased intake of healthy vegetables and fruits in whole food nutrition influences individual epigenetic expression of our health potential.
We are dedicated to advancing the latest insights and information available in nutrition therapy and clinical nutrition and to presenting only the most balanced, credible, and reliable clinical nutrition and science available.

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Gallic Acid Equivalence

**What is GAE?**

GAE, or “gallic acid equivalence,” indicates levels of important phytoactives available in the plant and extracts. GAE is derived by comparing to the gallic acid reference standard, a simple phenolic substance. Studies have shown that phytoactives in plants contribute to their beneficial effect on development of chronic diseases.


References

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Total Phenolic Concentration

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Total Phenolics as Gallic Acid Equivalence (mg/g)</th>
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</thead>
<tbody>
<tr>
<td>Brussels Sprout Powder</td>
<td>7.56</td>
</tr>
<tr>
<td>Red Cabbage</td>
<td>4.51</td>
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<tr>
<td>Broccoli</td>
<td>1.99</td>
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<tr>
<td>Kohlrabi</td>
<td>1.65</td>
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<tr>
<td>Shallot</td>
<td>1.15</td>
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<tr>
<td>Green Cabbage</td>
<td>0.89</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>0.82</td>
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</tbody>
</table>

Key Nutrients

Percentages shown as %DV per dry serving of Brussels sprouts (21.4g)

**Iron**

Used by the body to make red blood cells, hormones, and connective tissue.

64%

**Vitamin K**

Vital for blood clotting and healthy bones.

52%

**Calcium**

The most abundant mineral in the body, a key structure of bone, and component of muscle function, muscular contraction, nerve transmission, cellular signaling, and hormone secretion.

37%

**Selenium**

Essential trace mineral involved in reproduction, thyroid hormone metabolism, DNA synthesis, and protection from oxidative damage.

35%

**Fiber**

Promotes healthy cholesterol levels, promotes cardiovascular health, and supports healthy bowel function.

29%

Other Nutrients

(Expressed as %DV per serving of dry Brussels sprouts (21.4g))

- Magnesium
- Magnesium
- Folate (Vitamin B9)
- Potassium
- Vitamin B12 (Cobalamin)
- Vitamin C
- Vitamin D (Cholecalciferol)
- Niacin (Vitamin B3)
- Thiamin (Vitamin B1)
- Copper
- Choline
- Folate (Vitamin B9)
- Folic acid (Vitamin B9)
- Phosphorus
- Phosphorus
- Lysine
- Lysine
- Biotin
- Choline
- Riboflavin (Vitamin B2)
- Other nutrients
- Zinc
- Pantothenic acid (Vitamin B5)
- Manganese
- Magnesium
- Folate (Vitamin B9)
- Potassium
- Vitamin B6 (Pyridoxal 5’-phosphate)
- Riboflavin (Vitamin B2)
- Vitamin C
- Vitamin D (Cholecalciferol)
- Niacin (Vitamin B3)

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