Kidney Bean

The material of the common bean (Phascolus vulgaris) is rich with fiber, protein, vitamin B1, folate, iron, and magnesium, among other macro- and micronutrients. The sprouts and full-grown plant contain ample amounts of essential minerals, various vitamins, and phenolic compounds. Eating kidney beans and other legumes improves your food quality score (FQS).

Phytoactives

Chlorophyll
Green pigments in plants with potential anti-inflammatory, antioxidant, and anti-bacterial activity.

Flavanols1
Promote antioxidant, anticancer, antimicrobial, and anti-inflammatory activity.

Lignans
Large plant polyphenolic compounds that suppress human adipogenesis, protect gut bacteria, and provide antioxidant activity.

Isoflavonoids
Phytoestrogens that promote oestrogenic activity and provide vascular health.

Polyphenols
Phenolic compounds that provide antioxidant activity and promote vascular health.

Saponins
Support the immune system and promote healthy cholesterol and blood glucose levels.

What is the Whole Food Matrix?

Supports balance immune modulation for healthy inflammatory response.

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

Benefits of nutrients food matrix enhances bioavailability by up to 60%.

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

Increased intake of vegetables and fruits in whole food nutrition influences individual epigenetic expression of our health potential.

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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.

Total Phenolic Concentration

<table>
<thead>
<tr>
<th>Measure: Total Phenolics as Gallic Acid Equivalence (mg/g)</th>
<th>24.64</th>
<th>14.20</th>
<th>13.91</th>
<th>12.84</th>
<th>12.34</th>
<th>10.00</th>
<th>9.60</th>
</tr>
</thead>
</table>

* Data is mean values from Phenol-Explorer Database/
** Data on file with Wholistic Matters

Values subject to change based on strain and experimental methods

Key Nutrients

Percentages shown as %DV per 5g of kidney bean juice extract

**Iron**

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

**Magnesium**

An essential mineral that supports nerve and muscle function, the immune system, and a healthy heart.

**Riboflavin**

Water-soluble vitamin vital for energy production, cell function, metabolism, and growth/development.

**Biotin**

A vitamin necessary for energy metabolism, hormone modification, gene regulation, and cell signaling.

**Calcium**

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

**Other Nutrients**

(in order of %DV per 5g kidney bean juice extract)

<table>
<thead>
<tr>
<th>Copper</th>
<th>Magnesium</th>
<th>Vitamin B1 (Thiamin)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pantothenic acid (Vitamin B5)</td>
<td>Phosphorus</td>
<td>Zinc</td>
</tr>
<tr>
<td>Folic acid (Vitamin B9)</td>
<td>Biotin</td>
<td>Lipoic acid (Vitamin B3)</td>
</tr>
<tr>
<td>Folate (Vitamin B9)</td>
<td>Calcium</td>
<td>Biotin</td>
</tr>
<tr>
<td>Folic acid (Vitamin B9)</td>
<td>Magnesium</td>
<td>Selenium</td>
</tr>
<tr>
<td>Folate (Vitamin B9)</td>
<td>Calcium</td>
<td>Protein</td>
</tr>
<tr>
<td>Folate (Vitamin B9)</td>
<td>Magnesium</td>
<td>Choline</td>
</tr>
</tbody>
</table>

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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References


Gallic Acid Equivalence

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References
