KALETTE

WholisticMatters®

Kalette

Kalette, also called Flower Sprouts or Brusselkale, is a unique cruciferous vegetable with leaves like kale, thick stems, and a purple-green color. The kalette plant houses many of the same nutritional and phytoactive properties associated with other cruciferous vegetables but with some key differences. Kalette is a concentrated source of plant-based choline. The prominent glucosinolate in kalette is glucobrassicin, the precursor to Indole-3-Carbinol (a metabolite ultimately metabolized to Diindolemethane (DIM) in humans). Dried kalette retains nutritional components, phytonutrients, and enzyme activity key to unlocking phytoactive potential. Eating kalette and other leafy green vegetables improves your food quality score (FQS).

Phytoactives

Chlorophyll

Green pigment in plants with potential anti-inflammatory, antioxidant, and anti-bacterial activity

Myrosinase

Enzyme found in plant tissue that initiates conversion of glucosinolates to bioactive isothiocyanates

Glucosinolates

Sulfur-containing secondary metabolites mostly found in cruciferous vegetables, when activated by myrosinase from the plant or after ingestion by gut bacteria, associated with positive effects stemming from antioxidant activity such as cardio-protection and detoxification support

- **GlucoBrassicin** (2.628 mg)**
- **Glucoiberinn** (1.127 mg)**
- **Sinigrin** (0.535 mg)**
- **Progoitrin** (0.003 mg)**
- **GlucoRaphasatin** (0.004 mg)**
- **GlucoRaphanin** (0.008 mg)**
- **GlucoNapin** (0.001 mg)**
- **Glucobrassicanapin** (0.002 mg)**
- **Glucoerucin** (0.004 mg) **

Carotenoids

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

- **Lutein** (106.0 mcg/g)**
- **Zeaxanthin** (0.385 mcg/g)**

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- **Beta carotene** (76.78 mcg/g)**

What is the Whole Food Matrix?

Supports balance immune modulation for healthy inflammation response.

Supports the gut microflora 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 delivers nutrient dense source of key phytonutrients and helps balance healthy lifestyles.

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

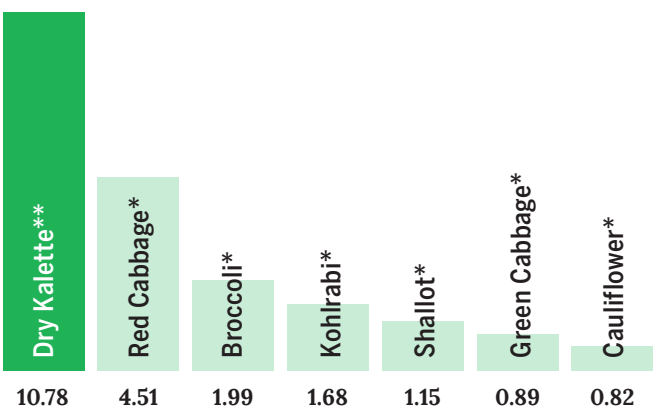
Gallic Acid Equivalence

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.

Total Phenolic Concentration

Measured: Total Phenolics as Gallic Acid Equivalence (mg/g)



** Data is mean values from Phenol-Explorer Database[1]*
*** Data on file with WholisticMatters*
Values subject to change based on strain and experimental methods

Key Nutrients

Percentages shown as %DV per dry serving of kalette (5g)

Choline

An essential nutrient needed to produce acetylcholine and phospholipids for cell membranes. Significant role in gene expression, cell membrane signaling, lipid metabolism, and early brain development.

16%

Vitamin K

Vital for blood clotting and healthy bones.

15%

Folate

An essential vitamin used in synthesis of DNA and RNA, amino acid metabolism, and prevention of neural tube defects.

11%

Vitamin C

A water-soluble, essential vitamin required for collagen biosynthesis, protein metabolism, and wound healing.

9%

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.

7%

Other Nutrients

(in order of %DV per 5g dry kalette)

Fiber
Magnesium
Potassium
Vitamin E (Alpha-tocopherol)
Manganese
Vitamin B6 (Pyridoxal 5'-phosphate)
Riboflavin (Vitamin B2)
Phosphorus
Selenium
Thiamin (Vitamin B1)
Niacin (Vitamin B3)
Protein
Pantothenic Acid (Vitamin B5)
Lipids
Copper
Iron
Carbohydrate
Zinc

WholisticMatters®

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

1. Rothwell, J.A., et al., Phenol-Explorer 3.0: a major update of the Phenol-Explorer database to incorporate data on the effects of food processing on polyphenol content. Database, 2013. 2013: p. bat070-bat070.