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 bioactive isothiocyanates.

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

Glucoraphanin (0.11 mg)**
Glucoraphanin is a glucosinolate that is converted to sulforaphane, a potent anti-cancer and detoxification agent.

Glucobrassicin (0.61 mg)**
Glucobrassicin is another glucosinolate that is converted to sulforaphane, a potent anti-cancer and detoxification agent.

Glucoiberin (0.45 mg)**
Glucoiberin is a glucosinolate that is converted to sulforaphane, a potent anti-cancer and detoxification agent.

Sinigrin (0.37 mg)**
Sinigrin is a glucosinolate that is converted to allyl isothiocyanate, a potent anti-cancer and detoxification agent.

Progoitrin (0.12 mg)**
Progoitrin is a glucosinolate that is converted to thiocyanate, a potent anti-cancer and detoxification agent.

Glucoraphasatin (0.11 mg)**
Glucoraphasatin is a glucosinolate that is converted to sulforaphane, a potent anti-cancer and detoxification agent.

Glucoraphanin (0.10 mg)**
Glucoraphanin is a glucosinolate that is converted to sulforaphane, a potent anti-cancer and detoxification agent.

Glucconapin (0.07 mg)**
Glucconapin is a glucosinolate that is converted to thiocyanate, a potent anti-cancer and detoxification agent.

Carotenoids

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

Lutein (11.8 mcg/g)**
Lutein is a carotenoid that helps protect the eyes from damage.

Beta Carotene (30.2 mcg/g)**
Beta carotene is a carotenoid that helps convert to vitamin A in the body.

Flavones

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

Luteolin (1.7 mcg/g)*
Luteolin is a flavonoid that has anti-inflammatory and anti-cancer properties.

Kaempferol (9.5 mcg/g)*
Kaempferol is a flavonoid that has anti-inflammatory and anti-cancer properties.

Quercetin (3.0 mcg/g)*
Quercetin is a flavonoid that has anti-inflammatory and anti-cancer properties.

Fiber

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

Lignans

Large plant polyphenolic compounds that bypass the human digestive tract, feed gut bacteria, and provide antioxidant activity.

Lariciresinol (493 mcg/g)*
Lariciresinol is a lignan that helps promote gut health.

Pinoresinol (220 mcg/g)*
Pinoresinol is a lignan that helps promote gut health.

Secoisolariciresinol (10.6 mcg/g)*
Secoisolariciresinol is a lignan that helps promote gut health.

What is the Whole Food Matrix?

- Supports balance immune modulation for healthy inflammation 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 crops of any shortcomings and help balance healthy lifestyles.
- Increased intake of vegetables and fruits in whole food nutrition influences individual epigenetic expression of your 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.

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.

Gallic Acid Equivalence

<table>
<thead>
<tr>
<th>Total Phenolic Concentration</th>
<th>Measured: Total Phenolics as Gallic Acid Equivalence (mg/g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brussels Sprout Powder*</td>
<td>7.56</td>
</tr>
<tr>
<td>Red Cabbage*</td>
<td>4.51</td>
</tr>
<tr>
<td>Kohlrabi*</td>
<td>1.99</td>
</tr>
<tr>
<td>Shallot*</td>
<td>1.68</td>
</tr>
<tr>
<td>Green Cabbage*</td>
<td>1.15</td>
</tr>
<tr>
<td>Cauliflower*</td>
<td>0.89</td>
</tr>
<tr>
<td>Vitamin B9 (Folate)</td>
<td>0.82</td>
</tr>
</tbody>
</table>

* Data is mean values from Phenol-Explorer Database
** Data on file with WholisticMatters

References

Key Nutrients

**Vitamin K**
Vital for blood clotting and healthy bones.

**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.

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

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

Other Nutrients

<table>
<thead>
<tr>
<th>Iron</th>
<th>64%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin K</td>
<td>52%</td>
</tr>
<tr>
<td>Calcium</td>
<td>37%</td>
</tr>
<tr>
<td>Selenium</td>
<td>35%</td>
</tr>
</tbody>
</table>

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