Spanish Black Radish

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Spanish Black Radish (*Raphinoussativus L. Var. niger*) is a cruciferous vegetable associated with the production of detoxification enzymes, healthy digestion, and healthy liver and gallbladder function. Spanish black radish is grown for its rich supply of glucosinolates.

Phytoactives

Fiber
Supports cardiovascular health, healthy bowel function, and healthy cholesterol levels

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 *(11.835 mg/g)***
Sinigrin *(0.215 mg/g)***
Gluconapin *(0.2 mg/g)***
Glucoraphanin *(0.12 mg/g)***
Glucoerucin *(0.095 mg/g)***
Glucobrassicin *(0.082 mg/g)***
Glucobrassicanapin *(0.058 mg/g)***
Glucoraphenin *(0.004 mg/g)***
Neoglucobrassicin *(0.002 mg/g)***
4-MeOH Glucobrassicin *(0.002 mg/g)***

Tannins
Large set of diverse phenolic compounds found in plants that contribute to antioxidant activity, antimicrobial action, and distinct dark color

Saponins
Compounds that support the immune system, healthy cholesterol levels, and blood glucose levels

What is the Whole Food Matrix?

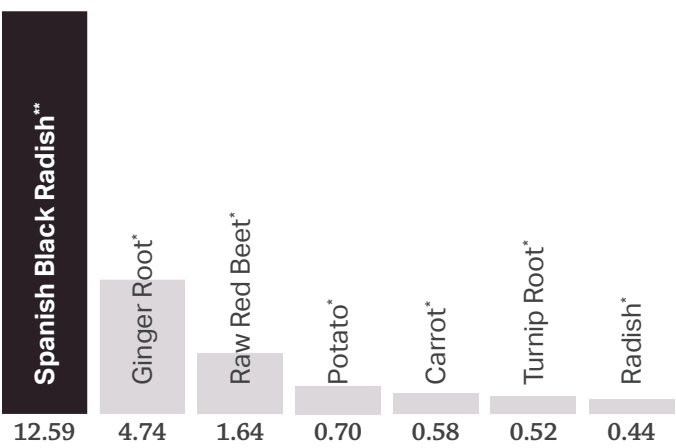
- *Supports balanced immune modulation for healthy inflammation response*
- *Supports gut microbes and a healthy metabolic fingerprint of the gut*
- *Enhances nutrient bioavailability up to 60%*
- *Includes organic and adaptive regenerative farming techniques that deliver a nutrient-dense source of key phytonutrients and help balance healthy lifestyles*
- *Increases intake of vegetables and fruits in whole food nutrition to influence individual epigenetic expression*

Gallic Acid Equivalence

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 5.5g Spanish black radish

15% — **COPPER**
Essential mineral required for proper usage of iron in the body, neurotransmissions, and maturation of connective tissues

FIBER — **6%**
Promotes healthy cholesterol levels, promotes cardiovascular health, and supports healthy bowel function

4% — **SELENIUM**
Essential trace mineral involved in reproduction, thyroid hormone metabolism, DNA synthesis, and protection from oxidative damage

POTASSIUM — **3%**
Nutrient supporting healthy blood pressure

3% — **FOLATE**
An essential vitamin used in synthesis of DNA and RNA, amino acid metabolism, and prevention of neural tube defects

Other Nutrients

In order of %DV per 5.5g Spanish black radish

- Calcium
- Magnesium
- Manganese
- Biotin
- Zinc
- Choline
- Phosphorus
- Pantothenic acid
- Vitamin B_6

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