

Buckwheat



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The common buckwheat (*Fagopyrum esculentum*) plant is a pseudo-cereal grown for its unique ability to out-compete other plants for sun, soil, and water. It packs these nutrients into leaves, stems, flowers, and fruits. The fruits are a grain-like staple, and juice from the plant material contains essential nutrients and bioactive compounds.

Phytoactives

Flavonols

Promote antioxidant activity and vascular health

Rutin (12 mg/g)**

Quercetin (2.76 mg/g)*

Carotenoids

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

Beta-carotene (52.26 mcg/g)**

Anthocyanidins

Purple and red pigments concentrated in buckwheat stems with strong antioxidant and anti-inflammatory activity

Cyanidin-3-galactoside (11.1 mcg/g)**

Cyanidin-3-glucoside (5.3 mcg/g)**

Cyanidin (0.1 mcg/g)**

Chlorophyll

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

Carotenoids

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

Lutein (61.2 mcg/g)**

Zeaxanthin (6.0 mcg/g)**

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

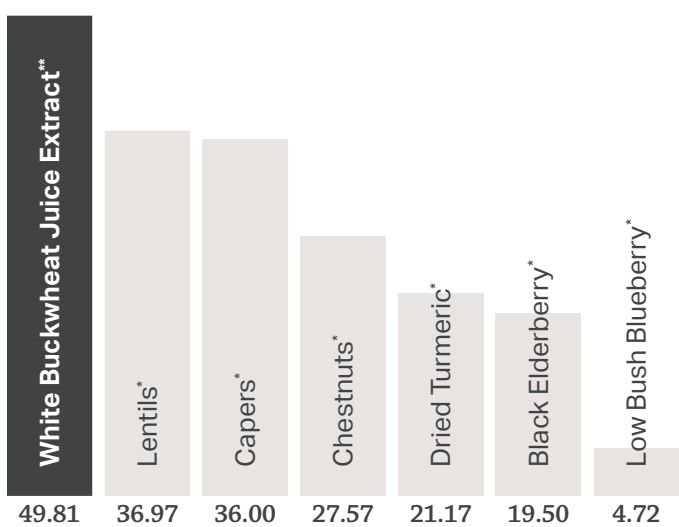
Increases intake of vegetables and fruits in whole food nutrition to influence individual epigenetic expression

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 Database¹

** Data on file with WholisticMatters
Values subject to change based on strain and experimental methods

Key Nutrients

Percentages shown as %DV per serving of 5g buckwheat juice extract

33%

IRON

Essential mineral that is a component of hemoglobin required to aid the transport of oxygen through the body and is a cofactor in many enzymes in the body required for normal function

MAGNESIUM

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

19%

13%

MANGANESE

Essential mineral incorporated in enzymes that metabolize macronutrients; helps protect mitochondria from oxidation and forms both collagen and cartilage

VITAMIN K

Vital for blood clotting and healthy bones

11%

7%

POTASSIUM

Nutrient supporting healthy blood pressure

Other Nutrients

In order of %DV per 5g buckwheat juice extract

- Biotin
- Riboflavin
- Copper
- Pantothenic acid
- Niacin
- Vitamin E
- Selenium
- Fiber
- Calcium
- Phosphorus
- Zinc
- Choline
- Folate
- Vitamin B₆
- Thiamin



We are dedicated to advancing the latest insights and information available in nutrition therapy and clinical nutrition. We only present the most balanced, credible, and reliable clinical nutrition and science.

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REFERENCES

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.