

Swiss Chard



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Dark leafy greens with vibrantly colored stems and veins are trademark features of Swiss chard (*Beta vulgaris subsp. cicla*). This plant is a mineral delivery powerhouse.

Phytoactives

Lignans

Cross-linked phenolic compounds that make up plant cell walls and are insoluble fibers that aid in fecal bulking and feed some gut bacteria

Secoisolariciresinol (0.07 mcg/g)*

Chlorophyll

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

Carotenoids

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

Lutein (145 mcg/g)**

Zeaxanthin (10.6 mcg/g)**

Carotenoids

Beta-carotene (52.26 mcg/g)**

Flavonols

Promote antioxidant activity and vascular health

Kaempferol (92 mcg/g)*

Quercetin (75 mcg/g)*

Myricetin (22 mcg/g)*

Betalains

Natural pigments with antioxidant, anti-cancer, anti-lipidemic, and antimicrobial properties

Betacyanins

Betaxanthins

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

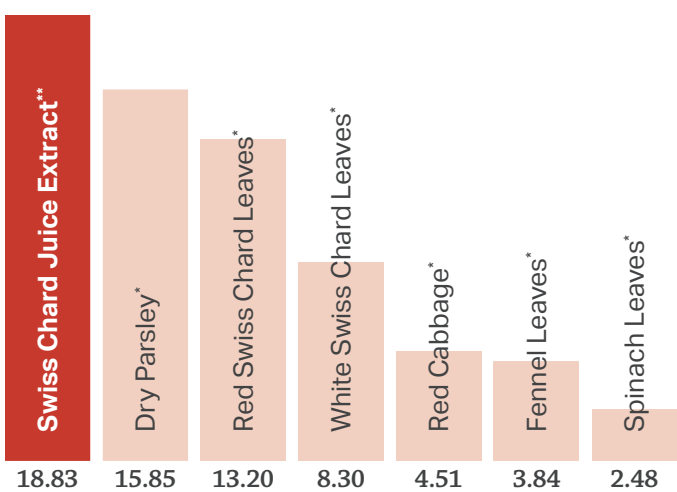
Increases intake of vegetables and fruits in whole food nutrition to influence individual epigenetic expression

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)

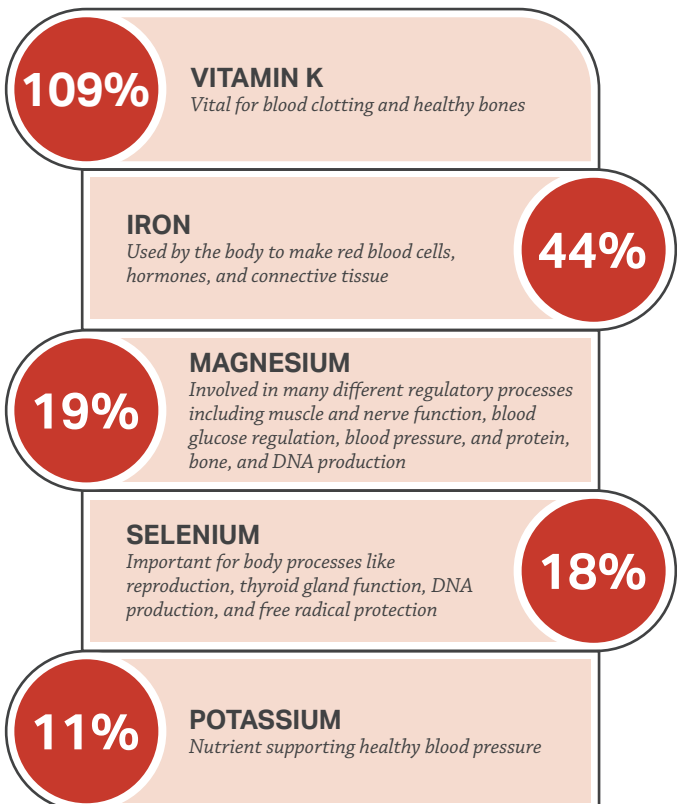


* Data is mean values from Phenol-Explorer Database¹

** 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 dry Swiss chard extract



Other Nutrients

In order of %DV per 5g dry Swiss chard extract

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



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

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