



## Turnip Greens

Turnip greens come from the leaves of root vegetable *Brassica rapa subsp. rapa* and are a particularly rich source of vitamins K, E, and B<sub>6</sub> as well as plant form folate and phytoactive compound lutein. The dry leaves from turnips are also a rich source of glucosinolates and the activating enzyme myrosinase.

### 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

**Other Glucosinolates** (4.12 mg/g)\*\*  
**Glucoraphasatin** (1.2 mg/g)\*\*

**Neoglucobrassicin** (1.74mg/g)\*\*  
**Glucobrassicinapin** (1.06 mg/g)\*\*

#### Carotenoids

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

**Lutein** (286 mcg/g)\*\*

**Zeaxanthin** (30mcg/g)\*\*

#### Flavonols

Promote antioxidant activity and vascular health

**Kaempferol** (31.7 mcg/g)\*

**Quercetin** (4.9 mcg/g)\*

#### Phenolic Acids

Phytoactive compounds that promote antioxidant activity and vascular health

**Caffeic Acid** (29.5 mcg/g)\*

**Gallic Acid** (23.1 mcg/g)\*

**Ferulic Acid** (6.0 mcg/g)\*

**Protocatechuic Acid** (6.0 mcg/g)\*

#### Carotenoids

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

**Beta-carotene** (220.8 mcg/g)\*\*

#### Ellagic Acid

Potential antioxidant compound with anti-cancer potential

## 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

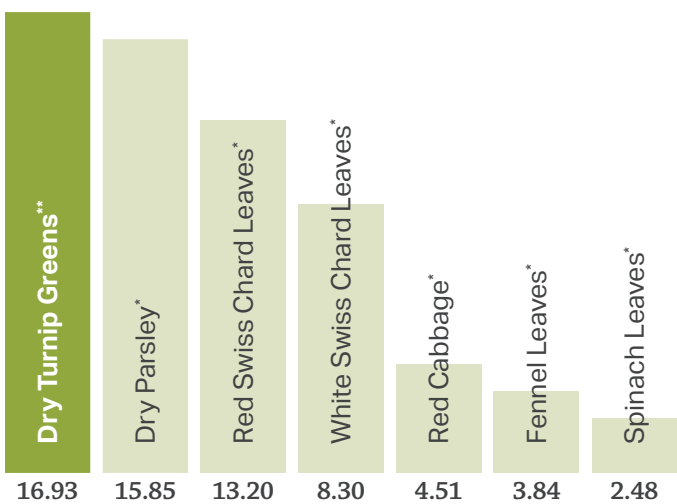
Increases intake of vegetables and fruits in whole food nutrition to influence individual epigenetic expression

## 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)

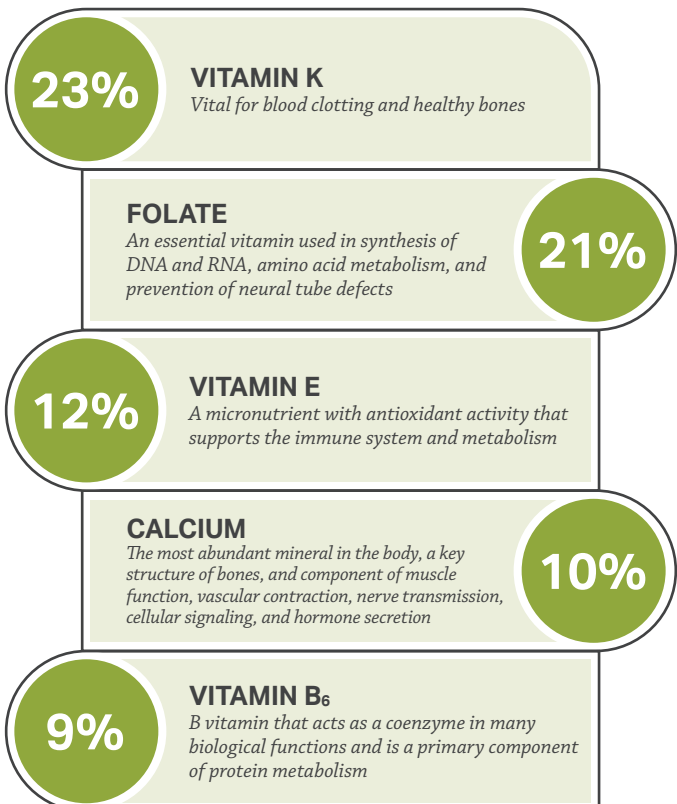


\* Data is mean values from Phenol-Explorer Database<sup>1</sup>

\*\* 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 5.68g turnip greens



## Other Nutrients

In order of %DV per 5.68g turnip greens

- Manganese
- Magnesium
- Fiber
- Biotin
- Potassium
- Copper
- Phosphorus
- Pantothenic acid
- Zinc
- Choline
- Selenium



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.