Brussels Sprouts

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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.

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

Glucobrassicin *(0.61 mg)***
Sinigrin *(0.37 mg)***
Glucoraphasatin *(0.11 mg)***
Gluconapin *(0.07 mg)***
Glucoiberin *(0.45 mg)***
Progoitrin *(0.12 mg)***
Glucoraphanin *(0.10 mg)***

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

Lutein *(11.8 mcg/g)***

Carotenoids
Beta-carotene *(30.2 mcg/g)***

Flavones
Compounds with anti-inflammatory, antimicrobial, and anti-cancer activity

Luteolin *(1.7mcg/g)***

Flavonols
Promote antioxidant activity and vascular health

Kaempferol *(9.5 mcg/g)**
Quercetin *(3.0 mcg/g)**

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

Lignans
Large plant polyphenolic compounds that bypass human digestion, feed gut bacteria, and provide antioxidant activity

Lariciresinol *(493 mcg/g)**
Pinoresinol *(220 mcg/g)**
Secoisolariciresinol *(10.6 mcg/g)**

What is the Whole Food Matrix?

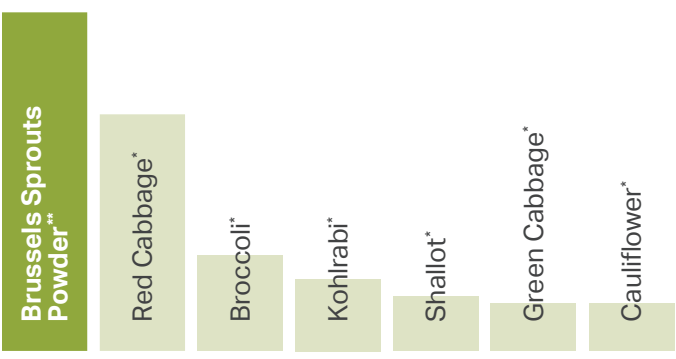
- *Supports balanced immune modulation for healthy inflammation response*
- *Supports gut microbes and a healthy metabolic fingerprint of the gut*
- *Enhances nutrient bioavailability up to 60%*
- *Includes organic and adaptive regenerative farming techniques that deliver a nutrient-dense source of key 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 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 21.4g Brussels sprouts

64% — **IRON**
Used by the body to make red blood cells, hormones, and connective tissue

VITAMIN K — **52%**
Vital for blood clotting and healthy bones

37% — **CALCIUM**
The most abundant mineral in the body, a key structure of bones and component of muscle function, vascular contraction, nerve transmission, cellular signaling, and hormone secretion

SELENIUM — **35%**
Essential trace mineral involved in reproduction, thyroid hormone metabolism, DNA synthesis, and protection from oxidative damage

29% — **FIBER**
Promotes healthy cholesterol levels, promotes cardiovascular health, and supports healthy bowel function

Other Nutrients

In order of %DV per 21.4g Brussels sprouts

- Manganese
- Magnesium
- Folate
- Potassium
- Vitamin B_6
- Riboflavin
- Vitamin C
- Vitamin E
- Niacin
- Thiamin
- Copper
- Choline
- Pantothenic acid
- Phosphorus
- Zinc
- Beta-carotene

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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.