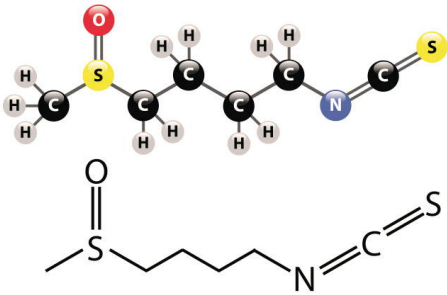


SULFORAPHANE AND ITS MANY BENEFITS



Sulforaphane
 $C_6H_{11}NOS_2$

Cruciferous vegetables contain various other nutrients, particularly glucoraphanin, which are found in their leaves, stems, and flowers. When cruciferous vegetables are chewed or chopped (or broken down in some way), an enzyme called myrosinase is released and reacts with glucoraphanin. Together, myrosinase and glucoraphanin produce a new compound called sulforaphane

Research shows that microgreens have between 30 and 60% bioavailability of sulforaphane, which is higher than their mature counterparts.

Research has also shown that sulforaphane from cruciferous microgreens, such as Broccoli in particular, and their mature counterparts may have anti-cancer properties

Other benefits of sulforaphane include:

- * Neutralizing toxins
- * Supporting heart health
- * Reducing Inflammation
- * Having antidiabetic effects
- * Protection against sun damage
- * Protection against brain damage
- * Protection of your DNA
- * Potentially treating side effects of Autism
- * Slowing tumor growth
- ...and more!

