

# Spanish Black Radish<sup>®</sup> Organically Grown

7520

Please Copy for Your Patients

## Spanish Black Radish is Made From Organically Grown Spanish Black Radish

Spanish black radish, a variety of the common garden radish, is a member of the Brassica family—it is related to broccoli and kale. Like its cousins, garden radish has a long history of culinary use. The black radish has been used mostly for well-being. In India, where it is known as Mooli, the roots are used to support a healthy liver and the seeds are used to support healthy menstrual cycles. Across Asia, the seeds are also used to promote digestion, and in Chinese medicine, where it is known as Láí Fú Zì, it is said to transform phlegm and cause ch'i to descend.

In Europe, the root of the plant is traditionally used to support the gallbladder and is recommended for this purpose in the German reference book *Herbal Medicine*. Studies from Europe show some evidence that it supports liver function, while others suggest that Spanish black radish may also inhibit platelet aggregation. A substance found in radish seeds, raphanin, is thought to modulate hormone production in the thyroid gland.†

## How Spanish Black Radish Keeps You Healthy

### Protects against free radicals

Phytonutrient antioxidant substances, like vitamin C, are present in cruciferous vegetables, such as Spanish black radish. These substances stimulate the body and help protect it against free radicals—the highly-unstable oxygen molecules that damage cell matter, including DNA.†

### Stimulates the body's own system for neutralizing harmful substances

During Phase II, the liver converts toxic substances into less toxic, water-soluble substances that are easier for the body to excrete. If, however, Phase II enzymes cannot keep pace with metabolism, toxins can accumulate. In one model of liver detoxification, exposure to aqueous extracts from Spanish Black Radish increased the activity of glutathione, quinone, and thioredoxin, three enzymes involved in liver detoxification.†



**Introduced in:**

1981

**Content:**

90 Tablets

Supplement Facts:		
Serving Size: 1 tablet		
Servings per Container: 90		
		%DV
Calories	2	
Vitamin C	4.6 mg	8%
Spanish Black Radish	360 mg	

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† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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## What Makes Spanish Black Radish Unique

### Unique Product Attributes

**This is a vegetarian product**

**Ingredients are derived from whole-food sources**

- Each tablet supplies 360 mg of Spanish black radish

### Certified Organic Farming

**A healthy ecosystem is created by using organic farming techniques, such as rotating crops, fertilizing the soil with nutrient-rich cover crops and by-products from our processing, practicing strict weed control standards, and continually monitoring the health of our plants**

- Assures the soil is laden with minerals and nutrients
- Ensures plants are nutritionally complete and free from synthetic pesticides

### Unique Processing

**Upon harvesting, nutrient-rich plants are immediately washed and promptly processed**

- Preserves nutritional integrity

**Exclusive low-temperature, high-vacuum drying technique**

- Preserves the enzymatic vitality and nutritional potential of ingredients

**Not disassociated into isolated components**

- The nutrients in Spanish Black Radish are processed to remain intact, complete nutritional compounds

**Degreed microbiologists and chemists in our on-site laboratories constantly conduct bacterial and analytical tests on raw materials, product batches, and finished products**

- Ensures consistent quality and safety

**Vitamin and mineral analyses validate product content and specifications**

- Assures high-quality essential nutrients are delivered

### Whole Food Philosophy

*Dr. Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over synthetic nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to a synthetic or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.*

*Each tablet supplies 360 mg Spanish black radish.*

**Other Ingredients:** Honey, ascorbic acid, and calcium stearate.

**Suggested Use:** One tablet per meal, or as directed.

**Sold to health care professionals.**

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Spanish Black Radish.

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