

Cruciferous Complete™

2960

Please Copy for Your Patients

Cruciferous Complete Contains Organically-Grown, Minimally-Processed Kale and Brussels Sprouts

Kale and Brussels sprouts are cruciferous vegetables that belong to the *Brassicaceae* plant family. Significant scientific research reveals that cruciferous vegetables, such as kale and Brussels sprouts, contain important phytonutrients that help protect against free radicals, the highly unstable molecules that can affect cells and genetic material. They also provide strong antioxidant properties and contain specific nutrients that help support the healthy functioning of the eyes, the body's natural cleansing systems, and detoxification.†

How Cruciferous Complete Keeps You Healthy

Protects against free radicals

Phytonutrient antioxidant substances are present in cruciferous vegetables like kale and Brussels sprouts. These substances stimulate the body and help protect it against free radicals—the highly unstable oxygen molecules that damage cell matter, including DNA. In particular, laboratory research conducted at the Tufts University Jean Mayer Institute for Human Nutrition discovered that these two vegetables, among all those tested, are the most effective in neutralizing the highly active hydroxyl and peroxy radicals.†

Stimulates the body's own system for neutralizing harmful substances

Components such as indole-3-carbinol and sulforaphane are found in Brussels sprouts and kale. In fact, research conducted at the University of Illinois shows Brussels sprouts are among the highest in sulforaphane content. These two substances stimulate two of the body's most powerful detoxification mechanisms: the cytochrome P450 and the Phase II enzyme systems. These are the body's biochemical pathways for converting toxins into harmless or easily excretable substances.†

Supports healthy eyes

Both beta carotene and lutein, found in green leafy vegetables, belong to a class of compounds called carotenoids and are related to vitamin A. Research suggests that the body discriminates among antioxidants by using some for oxidative protection in specific areas. Lutein is one such target compound that provides strong antioxidant protection to the vulnerable tissue protecting the retina.†

Furnishes essential nutrients

Kale and Brussels sprouts are very nutritious foods. They are higher in potassium content than bananas and naturally provide vitamin C and carotenes. Brussels sprouts are also a source of iron.

Kale is of particular nutritional interest because it contains calcium. In addition, unlike some other green vegetables that contain high levels of oxalic acid, a substance that inhibits the absorption of calcium and iron by the human body, kale, in comparison, contains lower levels of oxalic acid to allow for calcium absorption.†



Introduced in:

1998

Content:

90 Capsules

Supplement Facts:

Serving Size: 1 capsule
Servings per Container: 90

		%DV
Calories	3	
Vitamin K	10 mcg	10%
Potassium	10 mg	<1%
Kale	300 mg	
Brussels sprouts	300 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.

Cruciferous Complete™

What Makes Cruciferous Complete Unique

Unique Product Attributes

This is a vegetarian product

Ingredients are derived from whole-food sources

- Each capsule supplies 300 mg each of organically-grown kale and Brussels sprouts

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 Cruciferous Complete 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 capsule supplies 300 mg kale and 300 mg Brussels sprouts.

Other Ingredients: Gelatin, water, calcium stearate, and colors.

Suggested Use: One to two capsules per day, 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 Cruciferous Complete™.

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