

## 6 HEALTH FACTS ABOUT

# Broccoli

### 1 REDUCES INFLAMMATION

Broccoli contains various bioactive compounds that have been shown to reduce inflammation in your body's tissues.

### 2 PROMOTES HEALTHY DIGESTION

Broccoli is rich in fiber and antioxidants, both of which may support healthy digestion.

### 3 SUPPORTS HEALTHY BRAIN FUNCTION

Some of the nutrients and bioactive compounds in broccoli slow mental decline and support healthy brain and nervous tissue function.

### 4 SUPPORTS A HEALTHY IMMUNE SYSTEM

Vitamin C is arguably the most essential nutrient for immune function and broccoli is loaded with it.

### 5 PROMOTES HEALTHY BONES & JOINTS

Many of the nutrients found in broccoli are known to support healthy bones and may prevent bone-related disorders. Broccoli is a good source of vitamin K and calcium, two vital nutrients for maintaining strong, healthy bones.

### 6 PROTECTS YOUR SKIN FROM SUN DAMAGE

The bioactive compound in broccoli protects against UV radiation damage which leads to skin cancer.



## 10 HEALTH FACTS ABOUT

# Broccoli

### 1 REDUCES INFLAMMATION

Broccoli contains various bioactive compounds that have been shown to reduce inflammation in your body's tissues.

### 2 PROTECTS AGAINST CERTAIN TYPES OF CANCER

Broccoli contains various bioactive compounds that may reduce cell damage caused by certain chronic diseases..

### 3 AIDS BLOOD SUGAR CONTROL

Eating broccoli supports better blood sugar control in people with diabetes.

### 4 PROMOTES HEALTHY DIGESTION

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### 5 SUPPORTS HEALTHY BRAIN FUNCTION

Some of the nutrients and bioactive compounds in broccoli slow mental decline and support healthy brain and nervous tissue function.

### 6 SLOWS THE AGING PROCESS

Sulforaphane, a key bioactive compound in broccoli, has the capacity to slow the biochemical process of aging by increasing the expression of antioxidant genes.

### 7 SUPPORTS A HEALTHY IMMUNE SYSTEM

Vitamin C is arguably the most essential nutrient for immune function and broccoli is loaded with it. Vitamin C plays a role in both the prevention and treatment of various illnesses.

### 8 PROMOTES HEALTHY BONES & JOINTS

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### 9 SUPPORTS A HEALTHY PREGNANCY

Broccoli is a good source of B vitamins, namely B9, also known as folate. Folate is an essential nutrient for the development of the fetal brain and spinal cord. Regular consumption of folate-rich foods like broccoli can help ensure healthy pregnancy outcomes.

### 10 PROTECTS YOUR SKIN FROM SUN DAMAGE

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