G HEALTH FACTS ABOUT

1 REDUCES INFLAMMATION

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

- 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

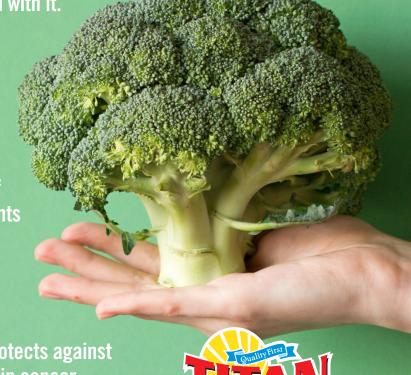
Vitamin C is arguably the most essential nutrient for immune function and broccoli isloaded with it.

5 PROMOTES HEALTHY BONES & JOINTS

Many of the nutrients found in broccoli are known to support healthy bones and mayprevent 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

Braccali

- **✓** REDUCES INFLAMMATION
 - Broccoli contains various bioactive compounds that have been shown to reduce inflammation in your body's tissues.
- **PROTECTS AGAINST CERTAIN TYPES**OF CANCER
- Broccoli contains various bioactive compounds that may reduce cell damage caused by certain chronic diseases..
 - AIDS BLOOD SUGAR CONTROL

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

- **PROMOTES HEALTHY DIGESTION**
 - Broccoli is rich in fiber and antioxidants, both of which may support healthy digestion.
 - **SUPPORTS HEALTHY BRAIN FUNCTION**

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

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.

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.

G 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

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

