
Sulforaphane Report

How to Prevent and Treat Cancer with Sulforaphane Rich Microgreens

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Cancer is one of the World's Deadliest Diseases

Cancer is the second leading cause of death in the developed world. With only heart disease claiming more lives every year, cancer treatments and prevention methods have been the subject of intense public interest and scientific research.

Cancer is traditionally treated in the medical world through a variety of processes. Some treatments aim to reverse the damage caused by cancer while limiting its spread. Other treatments are supportive, relieving pain and other symptoms. In many cases, the drugs used to fight cancer can present their own debilitating symptoms. Treatments like chemotherapy and radiation therapy can have a massive toll on a patient's mind and body.

Natural treatments and preventative measures are often seen as the *holy grail* of cancer research. Unfortunately, they are often overlooked because of the constant pressure from "Big Pharma" to come up with new, expensive, money making treatments. With the potential to relieve symptoms and reverse cancer, or even prevent it in some cases, there is an increasing body of research to suggest that some readily available natural compounds can be just as, or more effective than drugs and other forms of treatment.

Introducing Sulforaphane...

You may have never heard of sulforaphane, but it's one of the strongest natural cancer fighting compounds known to man. Research on sulforaphane is increasing yearly, with high profile studies discovering that the compound can specifically target cancer cells, reverse activity, limit spread, and even prevent cancer from developing in the first place.

Sulforaphane is abundant in cruciferous vegetables, with the highest concentration being found in broccoli microgreens. Understanding what this compound is, how it works, and the evidence of its efficacy could provide an alternative treatment path that can be used daily to reduce cancer risk, or even to treat cancer in conjunction with established medicine protocols.

The consumption of broccoli microgreens could be lifechanging for you and your loved ones suffering from this devastating disease.

What is Sulforaphane and Where is it Sourced From?

An essential component of all cruciferous vegetables, sulforaphane is a type of chemical that is rich in sulfur. Sulforaphane is categorized within the group of organosulfur compounds that are found in the antibiotic penicillin, various antimicrobials, diuretics, antiretrovirals, anticonvulsants, antidiabetics, and dermatological drugs. The abundance of organosulfur compounds in nature means that there is a large body of evidence supporting their uses in medical applications.

Sulforaphane has been found in recent years to be a highly effective anticarcinogenic – a type of compound that can prevent or help to treat and reverse cancer. Various studies have concluded that the consumption of vegetables, particularly those of the cruciferous variety (which are high in sulforaphane), can reduce the risk of developing cancer.

One groundbreaking stem cell clinical study determined that breast cancer tumors could be reduced in size by up to 45% with the administration of sulforaphane. Laboratory testing found that sulforaphane even has the potential to completely stop tumor growth (1).

Research like this is what makes sulforaphane so exciting. If you want to reduce the risk of developing cancer, or if you want to seek supportive natural treatments for yourself or a loved one who is suffering from cancer, then understanding sulforaphane and how it works will be essential.

Sulforaphane is Most Abundant in Broccoli Microgreens

There are countless claims of ‘superfoods’ that can improve your health, treat disease, and reduce the risk of developing new conditions. In many cases the claims are unsubstantiated and very difficult to corroborate with actual research.

Throughout this report you will find that broccoli microgreens fall into the lonely (but very enviable) category of being a natural food that *can* help to prevent and fight disease, with a high level of success.

Sulforaphane may be found in all cruciferous vegetables, but the compound is most abundant in broccoli microgreens. Microgreens are sprouts as young as three days old that contain sulforaphane compounds at 100 times the concentration of mature cruciferous vegetables (2). If you want to incorporate the anticancer properties of sulforaphane into your diet, then microgreens are the most efficient and most potent source. Microgreens are also preferable (and much more affordable) than unregulated dietary supplements. Many times, these supplements do not contain the ingredients they claim to have. The only way to ingest sulforaphane with its highest natural potency is through a daily diet of broccoli microgreens.

In the following pages we will break down the scientific evidence that supports sulforaphane as a cancer treatment, while proving why the consumption of broccoli microgreens is the best way to gain the benefits of this powerful compound.

How Does Sulforaphane Fight and Prevent Cancer?

Cancer, in its most basic sense, is a type of progressive cellular abnormality. Healthy human cells are produced, grown, and divided for every major function in the body. From your skin to your liver health, cell reproduction is essential.

When cancer is present, new cells are made and continue to divide at an abnormal rate. This rate can be progressive, leading to the growth of tumors. Abnormal activity of cancer cells is not just about the rate of growth. In a healthy body, old cells die and are replaced. In a system that has been compromised by cancer, damaged cells do not die, but instead continue to grow where they are not needed.

The masses of tissue formed by cancer can cause severe organ damage. Some cancers, such as leukemia, affect the blood but do not form tumors. One of the biggest risks of cancer is rapid cell growth and widespread tumor activity in the body. A small tumor that is undetected could grow, spread to multiple organs, and eventually lead to death.

Many cancer related deaths can be prolonged, with the patient suffering from pain and compromised body functions. With some cancer drugs and medical procedures adding their own side effects, the treatment period can be described as extremely uncomfortable. Keep in mind, in some cases, people handle traditional cancer treatments without any side effects. They lead normal lives while going through their treatment regimen and only experience mild side effects.

Sulforaphane Can Reduce the Risk of Cancer and Stop Growth Once It Starts

Cancer is something that you should aim to fight even before it develops. The prevalence of cancer means that preventative lifestyle and diet choices are essential. Certain activities can increase the risk of developing cancer, such as smoking, excess alcohol consumption, and even overeating. Genetics can also play a major role in the risk.

Eating a balanced diet, performing regular exercise, and avoiding high risk behaviors is just not enough to prevent cancer. In many cases, otherwise healthy individuals who live a clean lifestyle can be diagnosed with this disease. To effectively reduce the chances of developing cancer, anticarcinogenic supplementation is essential.

Sulforaphane is broken down in the body into indoles and isothiocyanates. These are biologically active compounds that have been proven to prevent the development of cancer. Because the development and progression of cancer occurs through the same mechanism, we can consider both risk reduction and treatment of cancer within the same context.

Although studies are still ongoing around the world, researchers already have a strong understanding of how sulforaphane prevents and helps to treat cancer (3). These chemical mechanisms are:

- The risk of DNA damage is reduced by sulforaphane and its sub-compounds. DNA damage can lead to cancer in human cells.

- Carcinogens in the body that come from food and contaminated air (smoking, pollution etc.) are made inactive and excreted from the body.
- Sulforaphane is an effective anti-inflammatory compound. There is a link between chronic inflammation in the body and the development of cancer (4).
- The use of sulforaphane sub-compounds in the body can induce cell death. Old and damaged cells that can cause tumors are discarded.
- Metastasis, the mechanism of cell migration that spreads cancer in the body can be limited by sulforaphane.

Research has been performed on human patients, mice, and on cells in laboratory conditions. It is important to have a wide variety of testing conditions so that the actual interaction between sulforaphane and cancer can be closely measured.

The most positive results in human patient studies have shown a lower risk of prostate cancer, colon cancer, lung cancer, and breast cancer.

How is Sulforaphane Absorbed?

Having touched on some of the ways that sulforaphane works and its efficacy as a cancer treatment, it's important to understand exactly *why* broccoli microgreens are the best source of supplementation.

Simply ingesting a food source does not guarantee that all compounds will be effectively absorbed and used in the body. For sulforaphane to be released and activated, microgreens need to be crushed or chopped which creates a cancer fighting chemical reaction. High and prolonged heat destroys the compounds, so microgreens need to be consumed raw for the sulforaphane to be present.

Sulforaphane is absorbed in the gut, with intestinal flora breaking down the compound and releasing sub compounds into the body. According to research, sulforaphane reaches the peak point of metabolization within 50 minutes of consuming it.

It is particularly important to note that the use of manufactured supplements results in a lower level of absorption when compared to fresh broccoli microgreens. In a study published by the U.S. National Library of Medicine, fresh broccoli microgreens result in 3x higher levels of sulforaphane in the blood (5). While many supplements on the market contain this extremely potent anticancer compound, you are far less likely to receive all the benefits if you don't consume fresh microgreens – the richest known natural source of sulforaphane.

Case Study 1: Broccoli Microgreens to Protect Against Carcinogens

Carcinogens are ever present, and no matter how careful you are, it is near impossible to avoid exposure to them. The higher your rate of exposure to carcinogens, the higher your chances are of developing cancer.

One of the ways that broccoli microgreens and sulforaphane prevent and fight cancer is by protecting the body from carcinogens. Carcinogenesis is a form of toxicity that occurs when carcinogens are absorbed into the body.

Household wisdom that is older than our current civilization suggests that a balanced, varied, and whole food diet is key to good health. Vegetables are known to promote good health, although most people don't look beyond the surface of this common fact. When examining the evidence presented from broccoli microgreen studies, it is clear that the truth is even more profound than most people realize.

As already noted, the sprouts or microgreens of broccoli contain up to 100 times more sulforaphane than the mature plant and other cruciferous vegetables. One study published by the National Academy of Sciences found that broccoli sprouts were exceptionally effective at providing enzymes that protect against carcinogens in the body (6).

The study concluded that it is possible to protect the body from carcinogens by consuming relatively small quantities of cruciferous vegetable sprouts. Another interesting note from the study was that sprouts contain lower levels of glucosinolates than mature vegetables. Glucosinolates may promote tumor growth.

Fresh Microgreens More Effective Than Mature Broccoli or Manufactured Supplements

This study, which was performed on laboratory rodents, used the fresh extract from three-day old broccoli sprouts for its research. This again reinforces the fact that fresh microgreens, rather than mass produced extracts, should be used when considering sulforaphane as a preventative cancer treatment.

The research found that degradation of the cancer fighting compounds can occur in larger plants. Effectively, older vegetables and larger vegetables need to be consumed in unreasonable quantities to obtain the same benefits as fresh, young sprouts.

In almost every sample group of microgreens obtained from grocery stores, the fresh varieties were significantly more potent than frozen counterparts.

The results of this study are extremely positive and provide some key takeaway knowledge:

- Microgreens and sulforaphane are effective anticarcinogens.
- Microgreens are far more potent than mature vegetables, allowing for easier consumption.
- Microgreens may have a double mechanism of preventing and treating cancer, due to low quantities of compounds that can promote tumor growth.

Case Study 2: Broccoli Microgreens to Inhibit Cancer Cell Growth

Stem cells are known as the building blocks of the body. Cell activity within the body begins with stem cells. They replace aged cells as well as damaged and diseased cells in healthy bodies. By understanding this, it is easy to see why cancer stem cells are critical for ongoing research.

A group of clinical researchers performed a study in 2010 to learn more about the relationship between cancer stem cells and sulforaphane (7). Breast cancer tumors were the focus, due to the high availability of cancer stem cells. The aim of the study was to determine the efficacy of sulforaphane in the prevention of breast tumor growth.

Due to the similarities between breast cancer and other forms of cancer, the results of this study are extremely important for cancer sufferers and those who wish to prevent cancer by consuming fresh broccoli microgreens.

Groundbreaking Results Confirm the Efficacy of Sulforaphane in Treating Cancer

The research was performed in laboratory conditions on live cancer cells, and the results were extremely positive.

50mg of sulforaphane was injected into human cancer cells daily for a period of two weeks. It was quickly discovered that aldehyde dehydrogenase (ALDH) a known marker of human cancer, was eliminated in up to 80% of the cancer cells. In addition, primary mammospheres (a collection of cancerous cells) were reduced in size by 45%. The number of mammospheres was reduced by 75%.

Although this is only a single study, the results are nothing short of groundbreaking. This study confirms what many consumers of broccoli microgreens have known for several years: *The presence of sulforaphane not only inhibits cancer growth, but it can actually stop and reverse tumor activity.*

Perhaps most surprisingly and most exciting is the fact that growth did not continue after re-implantation of sulforaphane-treated cancer growths into rodents. Effectively, the removal of a key cancer marker from stem cells prevented any further growth!

We can extrapolate a lot from this data. In a human patient, regular consumption of sulforaphane has the potential to prevent cancer from occurring, due to the elimination of aldehyde dehydrogenase in cells. Even in patients already diagnosed, the adoption of broccoli microgreens as a treatment method could limit the spread of cancer, support medication prescribed by a specialist, and continued use could ensure that cancer does not return after surgical removal.

Review the key takeaways from this study.

- Sulforaphane eliminates a key cancer marker.
- Tumors treated with sulforaphane become inactive.
- Sulforaphane stops tumor growth, reduces the number of tumors, and reduces the size of existing tumors.

Case Study 3: Sulforaphane as an Inhibitor of Pancreatic Cancer

Pancreatic cancer is one of the most aggressive and deadly forms of cancer. According to the American Cancer Society, more than 55,000 people are diagnosed with this cancer each year. In a single year, more than 44,000 people lose their lives to the disease. Although pancreatic cancer is only responsible for 3% of all cancers in the developed world, it is the cause of 7% of all cancer deaths.

Pancreatic cancer occurs in both men and women at a similar rate.

To understand just how deadly this disease can be, it's important to look at the survival rates.

- The stage IB 5-year survival rate is just 12%
- Diagnosis of stage IIB pancreatic cancer has a survival rate of just 5%
- The stage III survival rate is 3%, and at stage IV, the survival rate is 1%.

The survival rates can increase depending on the type of treatment that is administered. Surgical treatment increases the survival rate significantly, taking the 5-year rate for stage IB cancer to 61%. However, the figures are still highly disproportionate to other forms of cancer.

Sufferers of pancreatic cancer often seek alternative treatments to provide additional support, to limit the spread of cancer, and in the hope of preventing new growth in the future. Sulforaphane-rich broccoli microgreens are often explored as a treatment option.

A 2013 study from the University of Michigan that was first published in the Journal of Nutritional Biochemistry offers positive evidence for sulforaphane as a pancreatic cancer inhibitor (8).

Sulforaphane Found to Inhibit the Creation and Spread of Pancreatic Cancer Cells

This study was performed on live cancer cells as well as on rodents. Cellular research performed in controlled laboratory conditions found that sulforaphane stops pancreatic cancer cell growth. In living subjects, the use of sulforaphane suppresses tumor growth. The study found that sulforaphane does not come with a high level of toxicity, which is a known problem with pharmaceutical cancer treatments.

In the study it was revealed that sulforaphane interacts specifically with several amino acid residues that are linked to pancreatic cancer. While testing on humans is still limited and the evidence often anecdotal, it is possible to again extrapolate and confirm several key takeaways from this study.

- Sulforaphane has been demonstrated to both stop and suppress cancer growth. This corroborates findings from the previous case study.
- Because of its ability to suppress cancer growth, sulforaphane could be used effectively in addition to medical treatment and has the potential to increase pancreatic cancer survival rates.
- Sulforaphane has a low level of toxicity and lacks negative side effects, even when taken in high dosage in the form of broccoli sprout solution.

Simple Prevention and Treatment of a Complex Disease

Cancer is one of the most complex diseases known to science. It is dynamic, presents a range of symptoms in different patients, and can change characteristics as it grows. Preventing cancer is just as important as treating it, and, because the underlying mechanism of cancer doesn't change much as it progresses, it only makes sense that treatment and prevention can be achieved through a single compound.

Sulforaphane has been called a superfood, and it may well be. It has anti-inflammatory properties, which in some studies has been suggested that it could control weight gain and obesity. Plus, you are now aware of a significant body of research that confirms sulforaphane can be an effective preventative compound and treatment for various forms of cancer.

Clean living, a well moderated and varied diet, and regular exercise can all help to prevent cancer. Unfortunately, this is not always enough.

Supplementing with a natural source of sulforaphane could increase your body's resistance to cancer or could be used to help treat cancer while undergoing other therapies.

Microgreens are the Best Source of Sulforaphane

As confirmed in the scientific literature, broccoli microgreens are the ideal source of sulforaphane. Microgreens are far more potent than mature vegetables, and broccoli sprouts contain more sulforaphane than any other cruciferous vegetable. However, there are some important conditions to consider when adding broccoli microgreens to your daily diet. They need to be consumed correctly to ensure the full metabolization and delivery of beneficial compounds to your body.

Microgreens should be fresh rather than frozen. Research has made it clear that frozen varieties are less potent with fewer benefits than fresh greens. Vegetables lose 40% to 60% of their nutrients during the freezing process. Therefore, discovering a local organic/veganic source for your broccoli microgreens is essential.

Scientific research has proven that heat destroys the sulforaphane in broccoli microgreens, so they should not be cooked (9). These juvenile greens should be consumed raw and fresh (unharvest and still living). Microgreens can be combined with other beneficial ingredients such as a wide variety of fruits to enhance flavor and to provide essential nutrients your body requires. Kale, Red Acre Cabbage, Kohlrabi and Arugula are microgreens that you should also consider adding to your daily diet. These microgreens have lower levels of sulforaphane but contain a higher concentration of other vitamins and minerals that support your overall health and fight against cancer. Research has shown that the microgreens mentioned have up to 40x more nutrients than their adult counterpart! Eating just one ounce of microgreens can equal 1.2lbs of the mature plant.

Again, microgreens must be crushed for the sulforaphane to be activated. The action of chewing breaks down the compounds to create a chemical reaction which activates the active cancer fighting properties

of this amazing microgreen. Blending microgreens into a smoothie is a very popular method of consumption as well. There are thousands of outstanding smoothie recipes you can try.

Manufactured Supplements are Not Ideal for Sulforaphane Intake

When considering sulforaphane supplementation as a cancer treatment or cancer prevention, it's critical that you ingest the most potent and bioavailable sulforaphane.

Here's an important question you need to answer. Can you say with 100% certainty that you know exactly what's inside the supplements you purchase? Unfortunately, the supplement market isn't strictly regulated by the FDA (Food and Drug Administration), so potency and efficacy claims cannot be guaranteed. There are countless sulforaphane products on the market today, many of which claim to be 'natural' and 'stabilized'. Two very important aspects to consider when purchasing sulforaphane supplements. Unless you have access to a lab and have them test every bottle you purchase, you'll just have to hope and pray you're getting what you paid for. It's a scary thought, but one to strongly consider when it comes to your health and wellbeing.

Always keep in mind that clinical research laboratories do not use shelf stabilized products for their studies. They typically use freshly extracted sulforaphane from a pure broccoli sprout/microgreen source. The reason for this is simple. Over the counter supplements often come with no guarantee of safety, efficacy, or potency, so it's difficult to identify if other unknown ingredients or contaminants may be contained in them. These ingredients can skew the test results in an adverse way.

Instead of using over the counter sulforaphane supplements, you should seek out a source that can provide you with fresh broccoli microgreens on a weekly basis. If you choose to purchase microgreens from a local grocery store, supermarket, or specialty health store, always make sure that the greens are fresh before making your purchase. The best way to get fresh microgreens is to purchase them unharvested and still living. You'll want to personally harvest your microgreens for consumption. Studies have shown that vegetables quickly lose nutrients once they are cut from the roots. Further nutrient loss occurs during long shipping distances that can subject the plants to detrimental fluctuating temperatures.

All microgreens contain large concentrations of essential vitamins and minerals which are not present in store bought sulforaphane supplements. Iron, manganese, potassium, folate, vitamin K1, and vitamin C, are just a few of the important compounds found in broccoli sprouts.

Don't Take a Chance on Commercial Supplements

Broccoli microgreens are so powerful and effective on their own, that it makes no sense to get your sulforaphane intake from commercially available synthetic supplements. Natural whole foods are more nutritionally dense, and in the case of broccoli microgreens, you have the added confidence of knowing that they have been used effectively in verified medical research.

Get Your Fresh Broccoli Microgreens from LongIslandMicrogreens.com

Long Island Microgreens uses a Simple and Pure growing process. Purity is extremely important when selecting which microgreens to consume for medicinal purposes such as preventing and treating cancer. Here are a few highlights of the Long Island Microgreens PURE growing method.

- 1) **No Fertilizers** = Most microgreens farms use fertilizers to enhance plant growth. We don't use any fertilizers at all. Mother nature created enough nutrients in each seed to cover the first 20 days of growth. So why do other microgreens farms use fertilizers?
- 2) **No Pesticides** = With our PURE growing method in a climate-controlled environment, we don't need to add any harmful chemical-based pesticides.
- 3) **6x Filtered Water** = We never use tap water on our farm. Our 6 Stage Advanced Water Filtration plus Re-mineralization process removes 98-100% of the contaminants typically found in residential water supplies. Contaminants such as Lead, Chlorine, Fluoride, Bacteria, Viruses, Pesticides, Pharmaceuticals, Heavy Metals, Industrial Pollutants, Radioactive Particles and variety of other harmful chemicals are removed from the water. These hazardous compounds inhibit healthy plant growth and are detrimental to your overall health. Our water is a pure as you can get.
- 4) **Non-GMO Seeds** = We only use Non-GMO Seeds. Laboratory created, Genetically Modified Seeds, have no place on our farm, let alone in your life. Every seed we plant is certified Non-GMO. Plus, we sanitize all our seeds with hydrogen peroxide to ensure they are germ free.
- 5) **Hydroponic Growing Method** = We chose to grow our microgreens hydroponically for several reasons. It's the cleanest growing method which provides a sterile environment for plant production. Plus, vitamin and mineral content is 50% higher in hydroponically grown plants!
- 6) **Live Microgreens** = We only deliver "living" microgreens to our customers. Since we grow our microgreens hydroponically on organic coco coir grow pads, we deliver them in that state as well. We do not cut and package our microgreens for resale. This ensures 100% potency with every order you receive.

In Conclusion: Sulforaphane - Nature's Defense Against Cancer

Take the time to refresh and reflect on the key takeaways from this report...

- Sulforaphane is a unique compound found in broccoli microgreens and other cruciferous vegetables. It is widely understood that it can both treat and prevent cancer. The body of scientific research continues to grow.
- The highest concentration of sulforaphane is found in broccoli microgreens which can have up to 100 times the amount of its mature counterpart.
- Sulforaphane prevents and fights cancer in several ways. It can promote the death of unhealthy cells, remove cancer causing carcinogens from the body, reduce inflammation, prevent cell migration and the spread of cancer, and it helps to protect DNA.
- Sulforaphane is readily digested and absorbed through the intestinal tract and can be measured in blood plasma 50 minutes after consumption.
- Several groundbreaking studies have been performed to determine the efficacy of the use of Sulforaphane. These studies offer further explanation of the mechanism of this natural cancer treatment. The compound can make cancer cells inactive and stop the growth of tumors. Studies have shown that the compound can reduce the size and number of tumors.
- There are no known side effects to sulforaphane, even when administered at high dosages. It has an incredibly low toxicity which makes it superior to established medical treatments in some ways.
- Sulforaphane should not be taken in supplement/pill form. Instead, it should be consumed through fresh, unharvested broccoli microgreens. The nutritional value of grocery store produce can be lost over long periods of transportation or with exposure to heat. Frozen vegetables are 40% to 60% less potent.
- Microgreens must be crushed for sulforaphane to become active. People who use broccoli sprouts to prevent or treat cancer typically consume a blended smoothie with filtered water and other cruciferous vegetables and fruits. Sulforaphane can also be activated by chewing microgreens which bodes well with people who love to eat salads.

Sulforaphane is one of the most effective natural cancer treatments known today. With extremely positive research that supports the efficacy of sulforaphane to prevent, slow, and stop cancer growth, broccoli microgreens are the most beneficial vegetables that you can consume for your health. If you're interested in adding broccoli microgreens to your daily diet, please visit www.LongIslandMicrogreens.com to place an order today! If you have any questions, please feel free to reach out to us through our [contact form](#) or by Live Chat which is always active on our website

Research and Further Reading

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