

**Cruciferous Compounds
are Especially Valuable
for Women!**

There are several compounds in cruciferous vegetables that research suggests support the woman's body in processing estrogen. In a recent study it was shown that a majority of women consuming three Cruciferous Complete twice per day altered estrogen processing.Δ‡

Am J Clin Nutr. 1990 Apr;51(4):656-7
www.ajcn.org/cgi/reprint/51/4/656

Δ Jerry Morrison, ND, Dennis Mutell, DC, Terry A. Pollock, MS, Elizabeth Redmond, PhD, J. Alexander Bralley, PhD, and Richard S. Lord, PhD. Efficacy of Dried Cruciferous Powder for Raising the 2/16 Hydroxyestrogen Ratio. *Alternative Therapies in Health and Medicine* 2009 March/April; 15(2).

‡These preliminary results are consistent with what is reported in other research. To ensure the results are applicable to a wider population, larger studies must be completed.



Quality

From Seed to Supplement®

At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs. For these reasons and many more, we proudly recommend Standard Process whole food supplements.

Cruciferous Complete™

Uncommon Veggies | Unbelievably Nutritious



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How These Organic Ingredients Keep You Healthy



Cruciferous Complete™ is a vegetarian supplement containing organically grown and minimally processed kale and Brussels sprouts.

Kale and Brussels sprouts are packed with phytonutrients, like beta-carotene and lutein; vitamins C and K; important minerals like potassium and calcium; and, of course, dietary fiber. These all function to support a healthy body.

Not Commonly Consumed, But So Good for You

Scientists have known for over 30 years that cruciferous vegetables, like kale and Brussels sprouts, are packed with nutrients that detoxify the liver and digestive tract. These vegetables also contain unique compounds that provide antioxidant protection. Large population studies have shown the value of these uncommon vegetables in maintaining long-term health.

Research on Kale and Brussels Sprouts—Good News for the Liver

When you cook kale or Brussels sprouts, you will notice a pungent odor. That comes from substances which are necessary to kick off the detoxification (cleansing) process, neutralizing toxins in your body.

Research completed by Standard Process has shown that the compounds in kale and Brussels sprouts promote different phases of the detoxification process.

Phase 1—the liver prepares foreign substances for elimination.

Phase 2—liver cells add substances (sugars, sulfur, or amino acids) to the toxins to aid in their removal.*

Antioxidants to the Rescue Important phytonutrients in these vegetables support the detoxification process, which, in turn, helps protect against free radicals, the highly unstable molecules that can damage cells and genetic material.*

The Eyes Have It Green vegetables contain carotenoids, which include the provitamin A beta-carotene. Carotenoids have antioxidant properties protecting cell membranes; beta-carotene and lutein in particular support healthy eye function.*

Immunity and More Vitamin C is known to support our immune system, but it also maintains healthy connective tissue and aids in iron absorption.*

Healthy Blood and Bones Vitamin K aids in blood clotting, promotes healthy liver function, and facilitates bone mineralization (essential for the bone's hardness and strength).*

Keeping the Body in Balance Potassium supports a healthy electrolyte balance and normal cardiovascular function. Kale and Brussels sprouts are nutritious foods that contain potassium.*

No Bones about It Calcium, found in kale, is easily absorbed by the body. Your body can utilize as much calcium from kale as it can from the calcium found in milk.*



Ask your health care professional if adding Cruciferous Complete to your diet can help you meet your health goals.

