

**SUGGESTED USE** Consume one or more capsules daily or as recommended by your physician. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For questions about the use of this product call 800.332.7799.**



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*Purity. Quality. Integrity.  
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*Andrew Lessman*  
Founder of ProCaps Labs



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**MANUFACTURED BY** 

# CRUCIFEROUS EXTRACTS™

**BROCCOLI • RED CABBAGE • WASABI  
MUSTARD SEED • KALE • BRUSSELS SPROUTS**



DIETARY SUPPLEMENT



360 Easy-to-Swallow Capsules

**Andrew Lessman's CRUCIFEROUS EXTRACTS** is a unique combination of powerful extracts from what are now accepted as the healthiest of vegetables – The **Cruciferous**. We are all familiar with cruciferous vegetables, such as broccoli, Brussels sprouts and cabbage, along with some less recognized members, including mustard seed and Japanese wasabi. Cruciferous vegetables are the healthy vegetables children love to hate and sadly, they don't fare much better with adults. Given our limited consumption of these vegetables, a supplement is the only other means of enjoying their remarkable benefits. Unfortunately, making an ethical supplement was not possible until recently, because doing so requires more than putting dried veggies in a pill. In fact, the only way for a vitamin to provide the benefits of these vegetables is via extracts verified to deliver specific beneficial compounds from each vegetable. Our **Cruciferous Extracts** formula has been in development for more than a decade, but now, we can finally deliver certified standardized extracts of key compounds from a wide variety of Cruciferous vegetables. The most important of these Cruciferous extracts are the Glucosinolates, including Sulforaphane. Glucosinolates are a very broad family of extremely beneficial compounds that give Cruciferous vegetables their characteristic taste and are also responsible for their health benefits. Four of the six extracts in this formula (**Brussels Sprouts, Kale, Wasabi and Mustard Seed**) are standardized for high levels of Glucosinolates, including the remarkable 10% level found in our **Mustard Seed Extract**. Our **Broccoli Extract** is our most potent ever at an amazing standardization of 1.2% Sulforaphane. Sulforaphane is the compound attributed with Broccoli's long list of health benefits. We round out the formula with extracts of **Red Cabbage** standardized for high levels of Polyphenols and Anthocyanins. Our **Cruciferous Extracts** provides a unique blend of standardized extracts from a broad array of Cruciferous vegetables to provide a convenient and economical tool to help overcome the absence of these remarkable foods and their health benefits from our diet.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**CONTAINS NO** Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additives.

**CONTAINS NO ADDITIVES OF ANY KIND.**

## Supplement Facts

| Serving Size 1 Capsule                                                          | Servings Per Container 360 |      |
|---------------------------------------------------------------------------------|----------------------------|------|
| Amount Per Serving                                                              |                            | %DV* |
| Vitamin C (as calcium ascorbate/ascorbyl palmitate)                             | 30 mg                      | 33%  |
| Broccoli, extract (sprout/seed) standardized to 1.2% sulforaphane glucosinolate | 80 mg                      | †    |
| Red Cabbage, extract (leaf) standardized to 20% polyphenols/7.5% anthocyanins   | 80 mg                      | †    |
| Mustard Seed, extract (seed) standardized to 10% glucosinolates                 | 40 mg                      | †    |
| Wasabi, extract (root) standardized to 0.75% glucosinolates                     | 20 mg                      | †    |
| Brussels Sprouts, powder (sprout) standardized to 0.3% glucosinolates           | 20 mg                      | †    |
| Kale, powder (leaf) standardized to 0.2% glucosinolates                         | 20 mg                      | †    |
| Total Glucosinolates per capsule: not less than 8 mg (8,000 mcg) †              |                            |      |

\* Percent Daily Values (%DV) are based on a 2,000 calorie diet.  
† Daily Value not established.

Other Ingredients: Gelatin capsule.