

SUGGESTED USE Consume one or more capsules daily with food or as recommended by a health care professional. This product is most effective as part of a healthy diet and active lifestyle, along with **ANDREW LESSMAN'S Life Rx™** multi-vitamin-mineral formulas. **For answers to questions about the use of this product call 800.800.1200.**

UNSURPASSED.

Purity. Quality. Integrity. Effectiveness.



Andrew Lessman
Founder of PROCAPS LABS

**QUESTIONS? RE-ORDERS?
CALL 800.800.1200
www.PROCAPSLABS.com**

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CRUCIFEROUS EXTRACTS™

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



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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 Vegetable 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 20% level found in our **Mustard Seed Extract**. Two of our extracts are standardized for Sulforaphane, including our **Broccoli Extract**, which is our most potent ever at an amazing 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 Vegetable 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.

This statement has 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 or manufacturing additive.

CONTAINS NO ADDITIVES OR COMMON ALLERGENS 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 50%
Broccoli, extract (sprout) 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 20% glucosinolates	40 mg †
Wasabi, extract (root) standardized to 1.2% glucosinolates	20 mg †
Brussels Sprouts, powder(sprout) standardized to 0.7% glucosinolates/ 0.03% sulforaphane	20 mg †
Kale, powder (leaf) standardized to 0.2% glucosinolates	20 mg †
Total Sulforaphane per capsule: not less than 1 mg (1,000 mcg)	
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.