



CRUCIFEROUS PLUS

Cruciferous vegetables - the family that includes broccoli, cauliflower, Brussels sprouts and collard greens - contain special phytonutrients which are not found in any other foods and which may not only protect cells but increase the cells' ability to protect themselves. Cancer Institutes and Health Organisations throughout the world recommend eating one serving of cruciferous vegetables every day, but most of us only eat one serving a week. Each Cruciferous Plus tablet provides the phytonutrient value of an optimal serving of a wide variety of cruciferous vegetables.



Neolife Scientific
Advisory Board



#2892 - 60 tablets

Why Cruciferous vegetables?

- Research has shown a link between a high consumption of cruciferous vegetables and a low risk for encountering certain destructive agents which pose aggressive threats to overall well-being.
- Cruciferous vegetables contain unique phytonutrients (plant nutrients) that are not found in any other foods but that are essential for optimal well-being.
- Cruciferous vegetables contain substances shown in research studies to help strengthen the body's defences.
- Cancer Institutes and Health Organisations all recommend consuming one serving of cruciferous vegetables each day.

Why NeoLife's Cruciferous Plus?

- **Broad-spectrum cruciferous vegetable supplementation.** Each tablet provides the phytonutrient value of one optimal serving of a wide variety of cruciferous vegetables.
- **NeoLife's exclusive cruciferous blend** contains broccoli, radish, kale, black mustard, brown mustard and watercress.

- **Cruciferous Plus supplies other beneficial phytonutrients** - limonene from oranges, chalcones from liquorice root and isoflavones from soya beans - which research has shown can be beneficial for healthy cells in the body.
- **Contains sulforaphane**, an important phytonutrient in cruciferous vegetables that helps neutralise many aggressive and damaging agents. Research shows that sulforaphane can help protect against major threats to our well-being.
- **Whole-food ingredients** provide several important phytonutrients with benefits to our general well-being.
- **Contains no artificial colours, flavours, preservatives, or sweeteners.**
- **Convenient serving** - just one more way to help you meet the recommendations of Cancer Institutes and Health Organisations to consume one serving of cruciferous vegetables every day.

We should eat one serving of cruciferous vegetables every day, according to Cancer Institutes and Health Organisations. We actually only eat one serving a week, according to research findings.

*These statements have not been evaluated by the National Agency for Food and Drug Administration and Control (NAFDAC). This product is not intended to diagnose, treat, cure or prevent any disease.

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A Mountain Of Research Supports The Health Benefits Of Cruciferous Vegetables

Scientists often disagree amongst themselves, debating the latest theories in journal articles and at research conferences. But fruit and vegetables seem to be one area where the research is so compelling and convincing that it'd be hard to find anyone willing to take the "con" side of the debate. Thousands of scientific studies document the health benefits of diets rich in fruit and vegetables, and hundreds link these diets with lower risks of very aggressive threats to our well-being. Among this mountain of research, some of the strongest evidence correlates reduced threats with increased consumption of cruciferous vegetables, named for their cross-shaped flower petals. Members of this pungent family include:

- Bok choy (Chinese cabbage)
- Broccoflower
(a newcomer that looks like green cauliflower)
- Broccoli
- Brussels sprouts
- Cabbage
- Calabrese
(sprouting broccoli)
- Cauliflower
- Collard greens
- Horseradish
- Kale
- Kohlrabi
- Mustard
- Mustard greens
- Radish
- Rutabaga
- Turnips
- Turnip greens
- Watercress

The first study reporting the protective abilities of cruciferous vegetables was published in 1978. Since then, the beneficial properties of cruciferous vegetables have been so well documented that Health Organisations worldwide recommend consuming at least one serving of cruciferous vegetables per day. Now a unique new product from NeoLife lets you put this mountain of scientific research to work for your optimal well-being. Cruciferous Plus supplies bioactive phytonutrients from cruciferous vegetables and other plants (oranges, liquorice root, soya beans) shown to help protect the body.

Cruciferous Plus's Risk-Reduction Team

We wanted to create the most complete, technologically advanced product on the market to harness the healthful properties of cruciferous vegetables. To achieve this goal we first examined almost two decades of research and identified key protector nutrients. Then, in formulating our exclusive Cruciferous Plus blend, we used foods sourced from nature to provide these vital phytonutrients, derived from a wide variety of cruciferous vegetables to ensure broad-spectrum supplementation:

- Broccoli
- Radish
- Kale
- Black mustard
- Brown mustard
- Watercress

Cruciferous Plus Bridges the Gap

In a convenient tablet, NeoLife's Cruciferous Plus provides the nutrient density and diversity of the phytonutrients found in one optimal serving of a combination of cruciferous vegetables. Based in nature and backed by science, Cruciferous Plus offers an excellent means of bridging dietary gaps and supplying unique phytonutrients.*

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