

**SUGGESTED USE** Each level scoop (approximately 1/8 teaspoon) contains the equivalent of one capsule of the encapsulated version of Cruciferous Extracts. Consume one or more scoops daily or as recommended by your health care professional. You can add the benefits of this product to water, smoothies or a beverage of your choosing. It can also be used to enhance the nutrient content of yogurt, applesauce, oatmeal or more. As with any dietary supplement, this product is most effective when used as part of a healthy diet and active lifestyle. **For questions about the use of this product call 800.332.7799.**

This package is sold by weight, not by volume. It contains the full weight indicated on the label. Settling of contents can occur during shipment.

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# CRUCIFEROUS EXTRACTS™

Broccoli | Red Cabbage | Wasabi  
Mustard Seed | Kale | Brussels Sprouts



Dietary Supplement | **Bulk Powder** | 6.49 oz (0.40 lbs) (184.2 g)

600 Capsule Equivalent

**Andrew Lessman's CRUCIFEROUS EXTRACTS** is a unique combination of powerful extracts from what are now accepted as the healthiest of vegetables – **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 ethical way for a dietary supplement to provide the benefits of these vegetables is via standardized extracts verified to deliver the specific, declared 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. Five of the six extracts in this formula (**Broccoli, 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 Glucosinolate. 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 source of these beneficial compounds 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 ADDITIVES OR COMMON ALLERGENS**

## Supplement Facts

**Serving Size 1 Scoop (307 mg) (1/8 teaspoon)**

**Servings Per Container 600**

Amount Per Serving		%DV*
Vitamin C (as calcium ascorbate)	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	†
<b>Total Glucosinolates:</b>	<b>8 mg (8,000 mcg)</b>	<b>†</b>

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

**CONTAINS NO** Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.