

SPANISH BLACK RADISH



Spanish Black Radish (SBR)

Spanish Black Radish (SBR; *Raphinoussativus L. Var. niger*) is a cruciferous vegetable associated with production of detoxification enzymes, healthy digestion, and healthy liver and gallbladder function. SBR is grown for its rich supply of glucosinolates, mainly glucoraphasatin and glucoraphanin. Eating SBR and other vegetables improves your food quality score (FQS).



Phytoactives

Fiber

Promote healthy cholesterol levels, promote cardiovascular health, support healthy bowel function

Myrosinase

Enzyme found in plant tissue that initiates conversion of glucosinolates to bioactive isothiocyanates

Glucosinolates

Sulfur-containing secondary metabolites mostly found in cruciferous vegetables, when activated by myrosinase from the plant or after ingestion by gut bacteria, associated with positive effects stemming from antioxidant activity such as cardio-protection and detoxification support

GlucoRaphanin (0.12 mg/g)**	GlucoErucin (0.095 mg/g)**
Sinigrin (0.215 mg/g)**	GlucoRaphasatin (11.835 mg/g)**
GlucoRaphenin (0.004 mg/g)**	GlucoBrassicin (0.082 mg/g)**
GlucoNapiin (0.2 mg/g)**	Neoglucobrassicin (0.002 mg/g)**
GlucoBrassicinapin (0.058 mg/g)**	
4-MeOH GlucoBrassicin (0.002 mg/g)**	

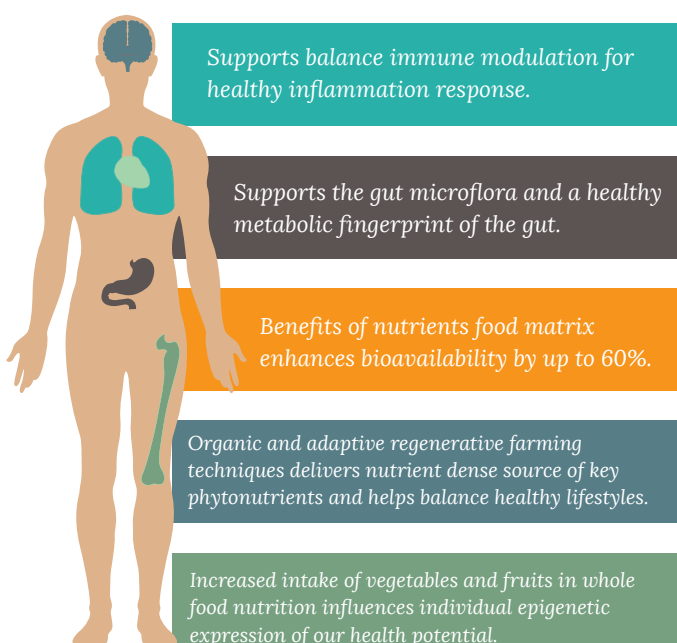
Tannins

Large set of diverse phenolic compounds found in plants that contribute to antioxidant activity, antimicrobial action and distinct dark color¹

Saponins

Phytoactive compounds that support the immune system and promote healthy cholesterol and blood glucose levels¹

What is the Whole Food Matrix?





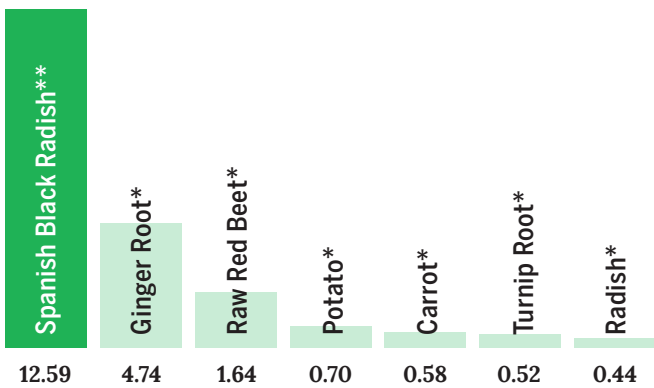
Gallic Acid Equivalence

What is GAE?

GAE, or “gallic acid equivalence,” indicates levels of important phytoactives available in the plant and extracts. GAE is derived by comparing to the gallic acid reference standard, a simple phenolic substance. Studies have shown that phytoactives in plants contribute to their beneficial effect on development of chronic diseases.

Total Phenolic Concentration

Measured: Total Phenolics as Gallic Acid Equivalence (mg/g)



* Data is mean values from Phenol-Explorer Database¹

** Data on file with WholisticMatters

Values subject to change based on strain and experimental methods

Key Nutrients

Percentages shown as %DV per dry serving of Spanish black radish (5.5g)

Copper

Essential mineral required for proper usage of iron in the body, neurotransmissions, and maturation of connective tissues.

15%

Fiber

Promote healthy cholesterol levels, promote cardiovascular health, support healthy bowel function.

6%

Selenium

Essential trace mineral involved in reproduction, thyroid hormone metabolism, DNA synthesis, and protection from oxidative damage.

4%

Potassium

Nutrient supporting healthy blood pressure.

3%

Folate (Vitamin B9)

An essential vitamin used in synthesis of DNA and RNA, amino acid metabolism, and prevention of neural tube defects.

3%

Other Nutrients

(in order of %DV per 5.5g Spanish black radish)

Calcium

Magnesium

Manganese

Carbohydrate

Biotin (Vitamin B7)

Zinc

Choline

Protein

Phosphorus

Pantothenic acid (Vitamin B5)

Vitamin B6 (Pyridoxal-5'-phosphate)

Lipids



We are dedicated to advancing the latest insights and information available in nutrition therapy and clinical nutrition and to presenting only the most balanced, credible, and reliable clinical nutrition and science available.

WholisticMatters.com

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References

1. Janjua, S. and M. Shahid, Phytochemical analysis and in vitro antibacterial activity of root peel extract of Raphanus sativus L. var niger. Advancement in Medicinal Plant Research, 2013. 1(1): p. 1-7.
2. Rothwell, J.A., et al., Phenol-Explorer 3.0: a major update of the Phenol-Explorer database to incorporate data on the effects of food processing on polyphenol content. Database, 2013. 2013: p. bat070-bat070.