

Spanish Black Radish

Organically Grown

Provides Support for the Body's Organs

Spanish black radish, a variety of the common garden radish, is a member of the Brassica family, the same family as broccoli and kale. Like its cousins, garden radish has a long history of culinary use. The black radish has been used mostly for well-being. In India, where it is known as Mooli, the roots are used to support a healthy liver and the seeds are used to support healthy menstrual cycles. Across Asia, the seeds are also used to promote digestion, and in Chinese medicine, it is said to transform phlegm and cause qi to descend.

In Europe, the root of the plant is traditionally used to support the gallbladder and is recommended for this purpose in the German reference book Herbal Medicine. Studies from Europe show some evidence that it supports liver function, while others suggest that Spanish black radish may also inhibit platelet aggregation. A substance found in radish seeds, raphanin, is thought to modulate hormone production in the thyroid gland.[†]

How Spanish Black Radish Keeps You Healthy

Protects against free radicals

Phytonutrient antioxidant substances, like vitamin C, are present in cruciferous vegetables, such as Spanish black radish. These substances stimulate the body and help protect it against free radicals, the highly unstable oxygen molecules that damage cell matter, including DNA.[†]

Stimulates the body's own system for neutralizing harmful substances

During phase two of detoxification, the liver converts toxic substances into less toxic, water-soluble substances that are easier for the body to excrete. If, however, phase two enzymes cannot keep pace with metabolism, toxins can accumulate. In one model of liver detoxification, exposure to aqueous extracts from Spanish Black Radish increased the activity of glutathione, quinone, and thioredoxin, three enzymes involved in liver detoxification.[†]

Standard Process researchers have shown in cell culture and mice that Spanish black radish can induce detoxification enzymes. Six mice were fed a diet containing 20% freeze-dried radish or a control diet for two weeks. Phase 1 and 2 detoxification-enzyme expression was measured using real-time polymerase chain reaction (PCR). Further research is needed to determine whether these same effects occur in the human body.[†]

Please copy for your patients.

GF This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label. **V** Vegetarian (Lacto-ovo)
[†]These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Introduced in 1981



Content:

90 tablets

Suggested Use: One tablet per meal, or as directed.

Supplement Facts:

Serving Size: 1 tablet

Servings per Container: 90

	Amount per Serving	%DV
Calories	2	
Vitamin C	4.6 mg	8%
Spanish Black Radish	370 mg	

Ingredients: See Supplement Facts.

Other Ingredients: Honey, acerola (berry), camu camu (berry), manioc (root), and calcium stearate.

Sold through health care professionals.



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What Makes Spanish Black Radish Unique

Product Attributes

Ingredients are derived from whole food sources

- › Each tablet supplies approximately 370 mg of Spanish black radish

Certified Organic Farming

A healthy ecosystem is created by using organic farming techniques, such as rotating crops, fertilizing the soil with nutrient-rich cover crops and byproducts from our processing, practicing strict weed-control standards, and continually monitoring the health of our plants

- › Assures the soil is laden with minerals and nutrients
- › Ensures plants are nutritionally complete and free from synthetic pesticides

Manufacturing and Quality-Control Processes

Upon harvesting, nutrient-rich plants are immediately washed and promptly processed

- › Preserves nutritional integrity

Low-temperature, high-vacuum drying technique

- › Preserves the enzymatic vitality and nutritional potential of ingredients

Not disassociated into isolated components

- › The nutrients in Spanish Black Radish are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- › Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- › Assures high-quality essential nutrients are delivered

Whole Food Philosophy

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Spanish Black Radish.

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