



Can sulforaphane help control diabetes?

Risk for type 2 diabetes (T2D) increases with obesity, because obesity causes inflammation and increased fat in the bloodstream. The liver converts fat to sugar and blood sugar levels rise faster than insulin can help cells absorb the sugar, resulting in T2D. Fortunately, drugs like metformin can control T2D. But not everybody can tolerate the side effects. Sulforaphane, a natural bioactive from broccoli, can turn off inflammation and turn on the body's own protective systems to handle T2D, without those other side effects. Clinical studies show that diabetics can see improvement with broccoli or broccoli sprouts, lowering fasting blood glucose and even preventing kidney, retinal and aortic damage^{1,2}.

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