



A growing story that sulforaphane from broccoli can protect against cardiovascular disease

Thirty one percent of people worldwide die from cardiovascular disease (CVD)¹. The metabolic cause of CVD is mainly due to oxidative stress and inflammation¹, problems known to increase with age and to be slowed or prevented in people by eating broccoli². In a preclinical study, feeding sulforaphane to very old mice improved heart muscle that had lost energy with age, making it as strong as that of a young mouse. This was not a clinical study, but broccoli health effects seen in mice have often later been found in people, since sulforaphane has many of the same mechanisms in mice and men¹. Sulforaphane from dietary broccoli may help maintain heart health as we age.

1. Vashi, R., Patel, B.M. NRF2 in Cardiovascular Diseases: a Ray of Hope! (2021) *Journal of Cardiovascular Translational Research*, 14 (3), pp. 573-586 Increasing Nrf2 can even prevent heart attacks.
2. Bose, C., Alves, I., Singh, P., Palade, P.T., Carvalho, E., Børsheim, E., Jun, S.-R., Cheema, A., Boerma, M., Awasthi, S., Singh, S.P. Sulforaphane prevents age-associated cardiac and muscular dysfunction through Nrf2 signaling (2020) *Aging Cell*, 19 (11), art. no. e13261,