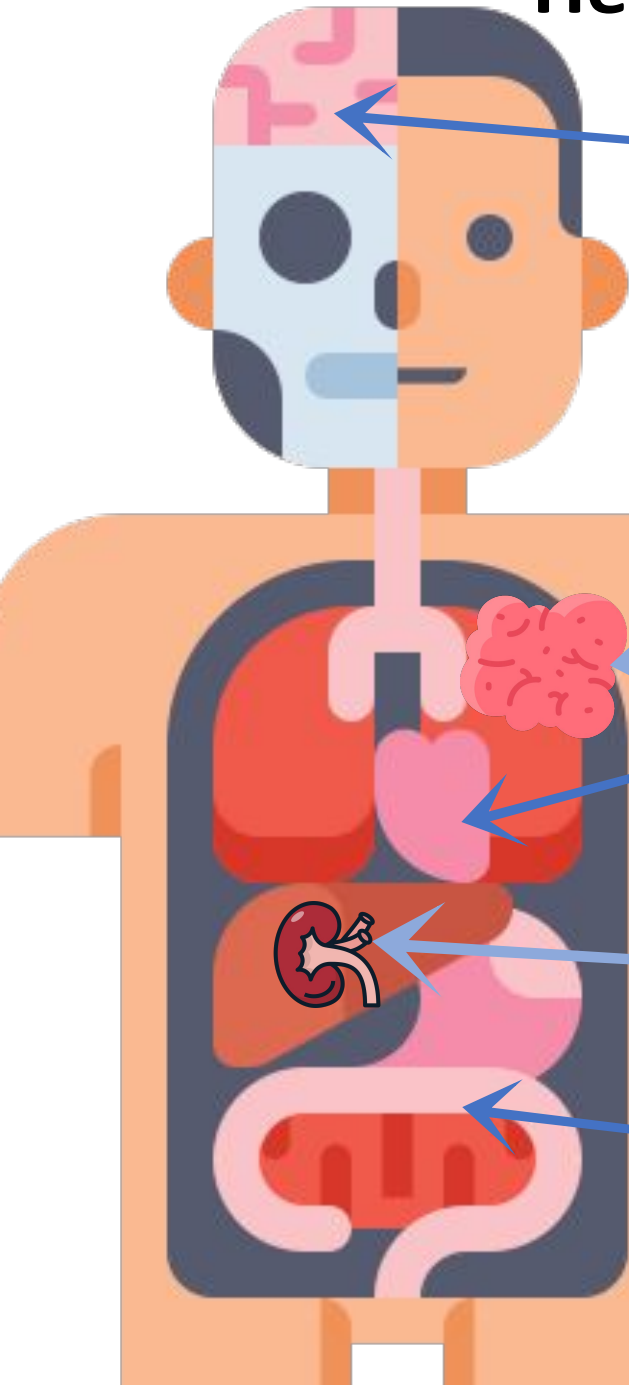


Health-promoting effects of microgreens on the body

- Brassicaceae -



Brain

Reduce inflammation in the brain¹;
Reduce development of
neurodegenerative diseases^{2,3}; reduces
neuron loss³; improves memory⁴

Reduces tumor growth (anti-cancer)^{5,6,7,19};
inhibits progression¹⁹ and migration of
breast and liver cancer⁷;

Tumors

Heart

Helps prevents cardiovascular
disease^{8,9,10}; reduces cholesterol^{8,11};
reduces inflammation¹²; improves blood
flow¹³; prevents hypertrophic
cardiomyopathy^{14,15,16,17}

Kidney

Anti-diabetic^{10,11}, normalizes blood sugar
levels^{8,10,11,18}; improves glucose
tolerance⁹; reduces insulin levels and
resistance⁹

Gut

Improves gut health; increases gut
biodiversity^{2,10}; reduces gut
inflammation^{2,10}; improves microbial
ecosystem in type 2 diabetes¹⁰;

¹ Subedi et al., 2019; ² Wojdyło et al., 2020
³ Morroni et al 2013; ⁴ Lee et al 2019
⁵ Saengha et al., 2021; ⁶ Truzzi et al., 2021
⁷ Fuente et al., 2020; ⁸ Huang et al., 2016;
⁹ Li et al., 2021; ¹⁰ Ma et al., 2022
¹¹ Aly et al., 2020; ¹² Chang et al 2011
¹³ Martelli et al 2020; ¹⁴ Su et al 2021
¹⁵ Akkiraju et al 2021; ¹⁶ Martelli et al 2021
¹⁷ Kee et al 2015; ¹⁸ Wang et al 2021;
¹⁹ Piasna-Slupecka

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