

# Analysis of 14 broccoli-based food supplements

## SIMPLIFIED "TRAFFIC LIGHT ASSESSMENT"

**Green:** The results correspond to the declaration and thus to consumer expectations.

**Yellow:** The results do not fully correspond to the declaration, but may still meet consumer expectations.

**Red:** The results do not correspond to the declaration and thus do not meet consumer expectations.

Abbreviations: **SFN** sulforaphane, **GR** glucoraphanin, **DD** daily dose, **YBM** young broccoli marker (glucosinolates which are typical for young plants and seeds), **n.d.** not detectable (below limit of detection), **FUA** follow-up analysis

No.	Product	Content per daily dose I. declared II. measured	Assessment of analysis in 2019	Assessment of follow-up analysis in 2020
#01	Sulforaphan aus Broccoli 400 µg	I. 0.4 mg SFN ( $\cong$ 1.0 mg GR) II. 5.5 mg GR		
#02	Brocco®Max	I. 90 mg GR II. 55 mg GR highest daily GR-dose in the test		
#03	Lebepur Brokkoli Superfood	I. no specification II. approx. 2.4 mg GR / 2 teaspoons (3 g)		
#04	LLS - Broccoli Sprout Extract	I. 5 mg SFN ( $\cong$ 12.3 mg GR) II. GR n.d., also in FUA		
#05	Mein Vita Brokkoli Extrakt - Bioaktives Sulforaphan	I: 5 mg SFN ( $\cong$ 12,3 mg GR) II. GR n.d., in FUA: 2.5 mg GR		
#06	Vitalingo - Brokkoli Extrakt	I. no specification II. GR n.d., also in FUA		
#07	Green Line - Broccoli	I. no specification II. 31 mg GR		
#08	Basis® Vitalstoff - Broccoli Sulforaphan Kapseln	I. 18 mg SFN ( $\cong$ 45 mg GR) II. < 2,5 mg GR, also in FUA		
#09	Broccoli - Bios Kapseln	I. no specification II. 25,6 mg GR		
#10	Broccoli GPH Kapseln	I. no specification II. 29,2 mg GR		
#11	Extra Strength Broccoli Extract	I. 24 mg glucosinolates II. 1,7 mg YBM (+ sinalbine), in FUA approx. 30 mg YBM (+ sinalbine)		
12	Sulphoraphane from Broccoli Sprout Extract	I. 0.4 mg SFN ( $\cong$ 1 mg GR) II. 6.7 mg		
#13	Wildkohl Brassica Nr. 2	I. 84 mg GR II. approx. 12 mg		
#14	Deiters Broccoraphan®	I. 48.7 mg SFN ( $\cong$ 120 mg GR) II. GR n.d., also in FUA		