

**1. Arugula is a detoxifying, Cancer-fighting superfood.**

Arugula is a member of the brassica family of vegetables called cruciferous – this group is known for its nutritional powerhouses broccoli, kale and cabbage. This family of vegetables is high in fibre and antioxidants, but they're also rich in compounds known as glucosinolates, which studies show may reduce the risk of developing lung, colorectal, breast, prostate, and pancreatic cancer.

**2. Arugula has high levels of chlorophyll.**

This can help to prevent DNA and liver damage from aflatoxins — carcinogenic substances produced by the mould sometimes found in corn, peanuts and some tree nuts. To preserve the chlorophyll in arugula – eat it raw. It tastes great in a salad!

**3. Eating arugula can protect the aging brain and cognitive decline.**

Arugula is high in most of the B vitamins but contains especially high amounts of folate. In high-functioning older adults, low levels of folate have been shown to be a risk factor for cognitive decline.

**4. Eating arugula will help to reduce chronic inflammation.**

Arugula contains indole-3-carbinol and isothiocyanates. Both of these bioactive compounds have been shown to suppress the production of inflammatory mediators.

**5. Arugula promotes bone health.**

It contains eight times more calcium than iceberg lettuce as well as vitamin K, which is important for the absorption of calcium into the bones and teeth. Vitamin K also plays a role in the prevention of heart disease. Plaque that forms inside the linings of the arteries can be partly related to calcium that is not taken up by the bones and teeth. This important vitamin can also help to keep this calcium going to the bones where it belongs!



**YOU SAY ARUGULA,  
WE SAY ROCKET.**

Fresh taste and dark green colour  
Firm & crispy texture  
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**FUN FACT**

Ancient Roman writings reveal arugula to be used as a powerful aphrodisiac from the first century A.D., especially when combined with other natural plants with similar libido-boosting qualities, such as chicory, dill, lettuce, and lavender.

