

# Radish Sprouts



The secondary metabolites from radish sprout powder can have anticancer effects, especially for breast cancer. Radish sprouts have exhibited its strong ability to protect normal cells against breast cancer cells (2). Thanks to its strong effects, there could be possibilities of including the powder in the creation of medicine for breast cancer prevention (2). The compounds in radish sprout powder finds the floating cancer cells and “neutralizes” the damaging cells to prevent the growth and metastasizing of breast cancer cells.



In addition to that, radish sprouts have shown some positive outcomes towards lowering risks of aging and type II diabetes mellitus (1). Due to its relation to the Brassicaceae family, radish sprouts provide antioxidants and helps the protection of normal cells in the body from other harmful cells. Research has shown that radish sprouts contain compounds that can improve and help in maintenance of glucose levels (1). The health benefits it provides, can help those with higher glucose levels, especially others that have type II diabetes.

## Reference

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2. Khalid, M.; Ayayda, R.; Gheith, N.; Salah, Z.; Abu-Lafi, S.; Jaber, A.; Al-Rimawi, F.; Al-Mazaideh, G. Assessment of Antimicrobial and Anticancer Activity of Radish Sprouts Extracts. *Jordan Journal of Biological Sciences* 2019, 13 (1995-6673), 567–574.