



Cardiovascular risk reduction

Strong antioxidant power

Cancer cell growth inhibitor

Beneficial effects on cancer

Antibiotic properties

Anti-mutagenic properties

Neurological deficit reducer

Reduce risk of ocular disease

Scientific review

Spinach

It is now well known that some fruits and vegetables can help in the prevention of cardiovascular, inflammatory and chronic diseases such as diabetes. They can also prevent bacterial and viral infections.

A diet rich in antioxidant and phenol compounds is a natural approach that helps prevent the development of illnesses. The antioxidants have the ability to inhibit the cancer cell growth at an early stage.

Nutra Canada extracts are natural, accessible and affordable. They are a great solution to increase bioactive compounds intake and benefit from their protection.

Spinach health benefits

Spinach is rich in lutein, zeaxanthin, two antioxidant compounds from the carotenoid family, and betain (674 mg/100g). In addition, leaves of freshly chopped spinach contain approximately 1000 mg of total flavonoids per kilogram.

Antioxidant power of spinach extracts is high and it is superior to vitamin E and green tea. In addition, spinach extract inhibited proliferation of leukemic cells, stomach, uterus cervical, liver, prostate, breast, colon, central nervous system, and lungs cancer cells. Spinach extract also showed anti-mutagenic capacities.

In studies with animals, spinach leaves extract shows high antioxidant activities. In addition, antioxidant spinach extracts had protective effect on rats and mouse heart. Consumption of spinach reduce neurological deficits on aged rats, could prevent or reverse the declines associated with aging, and protect the brain. Finally, spinach extracts have reduced number of papillomas in mice, inhibited prostate cancer cell proliferation, and have demonstrated anti-inflammatory properties.

In studies with human, daily intake of spinach extract had positive effects on several types of cancer such as ovarian, lung, breast, and colon cancers. Studies have also shown that diet rich in lutein and zeaxanthin, including those of spinach, may reduce risk of macular degeneration associated with aging and may play a role in cataracts prevention. In addition, a better oxidative stress resistance of white blood cells has been observed following daily intake of cooked spinach for 3 weeks, thus demonstrating the antioxidant potential of spinach.

« A little leave with a great anti-aging power »

Cardiovascular risk reduction

Strong antioxidant power

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Anti-mutagenic

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Prevent or reverse age-related declines

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Spinach nutrition facts

Compound	Concentration
Protein (g/100g) ¹	2.9
Fat (g/100g) ¹	0.3
Carbohydrate (g/100g) ¹	3.5
Fibre (g/100g) ¹	2.6
Vitamin	
Vitamin C (mg/100g) ¹	28.0
Mineral	
Potassium (mg/100g) ¹	558
Calcium (mg/100g) ¹	99
Magnesium (mg/100g) ¹	79
Phosphorus (mg/100g) ¹	49
Iron (mg/100g) ¹	2.7
Free phenolics compounds (mg eq gallic acid/100g) ²	79.55

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