

## Purple cabbage powder

*Cat. No. EXTC-211*

*Lot. No. (See product label)*

### **Introduction**

**Description** Purple cabbage, also known as red cabbage, mustard family, cabbage Brassica species in a variant. Nutrient-rich, especially rich in vitamin C, U, and more vitamin E and B group.

### **Product Information**

**Function** Purple cabbage is rich in sulfur, the main role of this element is insecticidal itching, for a variety of skin itching, eczema and other diseases have a certain effect, and therefore often eat these vegetables is very beneficial for maintaining skin health. Those who regularly eat vegetables cabbage people, can easily meet the needs of the body to the cellulose. Such vegetables contain a lot of cellulose, can enhance gastrointestinal function, promote intestinal peristalsis, and lower cholesterol levels. In addition, frequent eat cabbage vegetables also can prevention allergies, skin allergies and therefore the best dish of cabbage regarded as a reservation. Wherein iron, can increase the content of oxygen in the blood, helps the body to burn fat, so beneficial for weight loss. Brassica vegetables with drugs, can reduce joint pain, and also to prevention and treatment of sore throat caused by a cold. Therefore, the best arthritis patients often eat these vegetables, and in order to prevent inflammation of the throat caused by a cold, in the cold winter season high season should also be regularly eat kale.