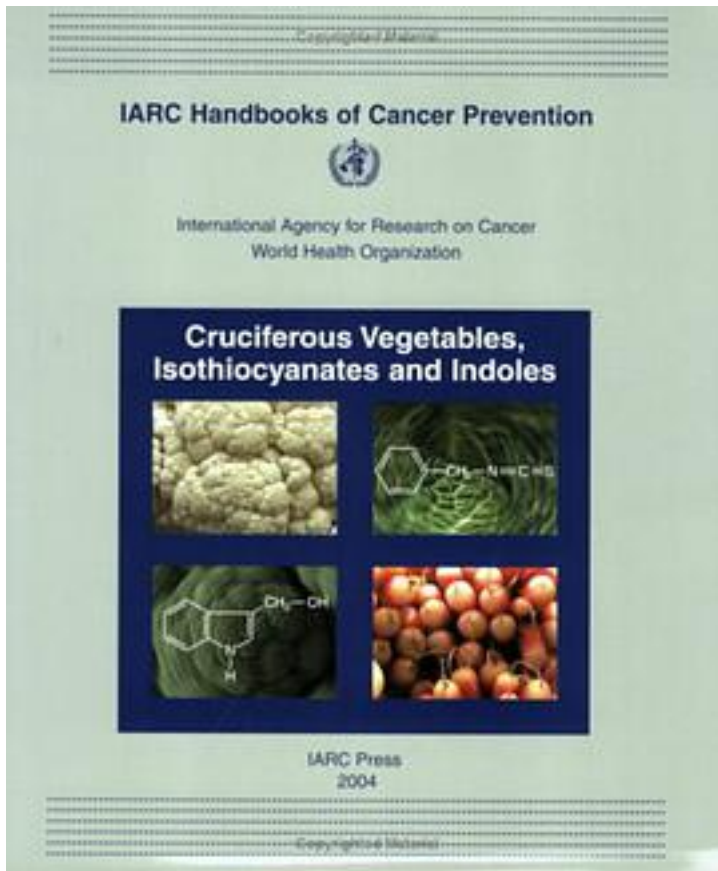


# Cruciferous Vegetables, Isothiocyanates and Indoles



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There is evidence that cruciferous vegetables at levels relevant to human intake or more can inhibit neoplastic and preneoplastic responses in experimental animals mainly when given simultaneously with carcinogens or throughout the experiment.

The findings of this Handbook should encourage the promotion of cruciferous vegetable consumption as a part of a diet containing a variety of fruit and vegetables to reduce cancer risk and improve health.

作者介绍:

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