

GREEN WONDER

Meet the superstar of the broccoli world... Beneforté™ boasts higher levels of phytonutrients than any other broccoli variety, and it tastes delicious

**HIGH IN
NUTRITION
LOW IN
CALORIES**

We all know we should eat up our greens, and that some vegetables are better for us than others. But did you know that there's a 'super broccoli', developed by British scientists, which research suggests could help to maintain cardiovascular health and reduce the risk of Type 2 diabetes, as well as some forms of cancer. It's called Beneforté™ and was developed by naturally crossing an ancient wild broccoli variety, from Italy, with regular broccoli.

All broccoli contains glucoraphanin – a naturally occurring phytonutrient that boosts the activity of antioxidants in the body – but Beneforté™ contains at least two to three times as much as standard

broccoli. Researchers have found that glucoraphanin can help to 're-tune' our metabolism through activating our bodies' natural defences, which help ensure our metabolic machinery functions well. Beneforté™ broccoli is also a source of calcium and folate, high in vitamins A and D, and low in calories.

Beneforté™ tastes just as delicious as standard broccoli – or even better – and can be eaten raw or cooked, and used in your favourite recipes in exactly the same way. Look out for it now in selected M&S stores.

TO FIND OUT MORE ABOUT THE BENEFITS OF BENEFORTE, VISIT SUPERBROCCOLI.INFO

Beneforté™
Super
Broccoli