Références *scientifiques*

Sélection de publications sur la formation et la biodisponibilité du sulforaphane, les mécanismes cellulaires, la recherche chez l'humain et la composition des microgreens. Chaque référence renvoie à sa fiche PubMed.

FORMATION ET BIODISPONIBILITÉ DU SULFORAPHANE

1. **Vanduchova** A, Anzenbacher P, Anzenbacherova E. Isothiocyanate from broccoli, sulforaphane, and its properties. J Med Food. 2019;22(2):121-126. doi:10.1089/jmf.2018.0024. PubMed 30372361

2. **Fahey** JW, Holtzclaw WD, Wehage SL, Wade KL, Stephenson KK, Talalay P. Sulforaphane bioavailability from glucoraphanin-rich broccoli: control by active endogenous myrosinase. PLoS One. 2015;10(11). doi:10.1371/journal.pone.0140963. PubMed 26524341

3. **Vermeulen** M, Klöpping-Ketelaars IWAA, van den Berg R, Vaes WHJ. Bioavailability and kinetics of sulforaphane in humans after consumption of cooked versus raw broccoli. J Agric Food Chem. 2008;56(22):10505-10509. doi:10.1021/jf801989e. PubMed 18950181

4. **Egner** PA, Chen JG, Wang JB, et al. Bioavailability of sulforaphane from two broccoli sprout beverages: results of a short-term, cross-over clinical trial in Qidong, China. Cancer Prev Res (Phila). 2011;4(3):384-395. doi:10.1158/1940-6207.CAPR-10-0296. PubMed 21372038

5. **Shapiro** TA, Fahey JW, Wade KL, Stephenson KK, Talalay P. Chemoprotective glucosinolates and isothiocyanates of broccoli sprouts: metabolism and excretion in humans. Cancer Epidemiol Biomarkers Prev. 2001;10(5):501-508. PubMed 11352861

MÉCANISMES CELLULAIRES ET VOIE NRF2

6. **Dinkova-Kostova** AT, Holtzclaw WD, Cole RN, et al. Direct evidence that sulfhydryl groups of Keap1 are the sensors regulating induction of phase 2 enzymes that protect against carcinogens and oxidants. Proc Natl Acad Sci U S A. 2002;99(18):11908-11913. doi:10.1073/pnas.172398899. PubMed 12193649

7. **Riedl** MA, Saxon A, Diaz-Sanchez D. Oral sulforaphane increases Phase II antioxidant enzymes in the human upper airway. Clin Immunol. 2009;130(3):244-251. doi:10.1016/j.clim.2008.10.007. PubMed 19028145

RECHERCHE CLINIQUE CHEZ L'HUMAIN

8. **Egner** PA, Chen JG, Zarth AT, et al. Rapid and sustainable detoxication of airborne pollutants by broccoli sprout beverage: results of a randomized clinical trial in China. Cancer Prev Res (Phila). 2014;7(8):813-823. doi:10.1158/1940-6207.CAPR-14-0103. PubMed 24913818

9. **Axelsson** AS, Tubbs E, Mecham B, et al. Sulforaphane reduces hepatic glucose production and improves glucose control in patients with type 2 diabetes. Sci Transl Med. 2017;9(394). doi:10.1126/scitranslmed.aah4477. PubMed 28615356

10. **López-Chillón** MT, Carazo-Díaz C, Prieto-Merino D, Zafrilla P, Moreno DA, Villaño D. Effects of long-term consumption of broccoli sprouts on inflammatory markers in overweight subjects. Clin Nutr. 2019;38(2):745-752. doi:10.1016/j.clnu.2018.03.006. PubMed 29573889

MICROGREENS, MATRICE ALIMENTAIRE ET PHYTOCOMPOSÉS

11. **Xiao** Z, Lester GE, Luo Y, Wang Q. Assessment of vitamin and carotenoid concentrations of emerging food products: edible microgreens. J Agric Food Chem. 2012;60(31):7644-7651. doi:10.1021/jf300459b. PubMed 22812633

12. **Liu** RH. Health benefits of fruit and vegetables are from additive and synergistic combinations of phytochemicals. Am J Clin Nutr. 2003;78(3 Suppl):517S-520S. doi:10.1093/ajcn/78.3.517S. PubMed 12936943

13. **Jacobs** DR Jr, Gross MD, Tapsell LC. Food synergy: an operational concept for understanding nutrition. Am J Clin Nutr. 2009;89(5):1543S-1548S. doi:10.3945/ajcn.2009.26736B. PubMed 19279083

14. **Parada** J, Aguilera JM. Food microstructure affects the bioavailability of several nutrients. J Food Sci. 2007;72(2). doi:10.1111/j.1750-3841.2007.00274.x. PubMed 17995848

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