

Conditions responsive to Sulforaphane

(Selection of the 37 available human clinical trials)

Condition	Daily Dose	Reference
Detoxification (Atmospheric pollutants)	32 mg sulforaphane	Egner; 2012
Chronic Obstructive Lung Disease	19 mg sulforaphane	Reidl; 2009
Asthma	18 mg sulforaphane daily	Brown; 2015
Nasal Allergic Response	18 mg sulforaphane daily	Heber; 2014
Type 2 diabetes	40 mg Sulforaphane (10 grams broccoli sprout powder)	Bahadoran; 2012
Metabolic Syndrome	100 grams fresh sprouts	Murashima; 2004
Autism	9 - 14 mg sulforaphane based on body weight	Singh; 2014
Prostate – PSA doubling time	60 mg sulforaphane daily	Cipolla; 2015
Helicobacter pylori infection	14 – 56 grams fresh sprouts	Galan; 2006
Chemoprevention with myrosinase activity sprouts	36 mg sulforaphane	Atwell; 2015