



# Alegría

LOCALLY-GROWN,  
NATURALLY!

**FRESH**

REGENERATIVE ORGANIC SALAD GREENS  
HIGHLY NUTRITIOUS SAME-DAY HARVEST // CLEAN & NATURAL  
PESTICIDE FREE // SPECIALLY SELECTED SUPERFOODS  
GREAT TASTE DELIVERED TO YOUR DOOR!

## Welcome to the Alegría Farmacy!

*Longevity, health and well-being is just a delicious salad away!*

### SALAD GREENS

### HEALTHY FACTS



## Arugula

*Scientific name: Eruca sativa*  
*Spanish name: Rúcula*

- Arugula (also known as salad rocket) is a very low calorie vegetable. Almost one cup, or 100 grams of fresh leaves provides just 25 calories. It has many vital phytochemicals, anti-oxidants, vitamins, and minerals that can immensely benefit health.
- Arugula is rich source of phytochemicals such as indoles, thiocyanates, sulforaphane and isothiocyanates. Together they have been found to counter cancer cell growth and carcinogenic effects of estrogen, helping protect against prostate, breast, cervical, colon, ovarian cancers.
- In addition, di-indolyl-methane (DIM), a lipid soluble metabolite of indole has immune modulator, anti-bacterial and anti-viral properties.
- Arugula is very good source of folates. Almost one cup of fresh greens contain 97 mcg or 24% RDA of folic acid. When given around conception period it helps prevent birth defects. Folates also help prevent osteoporosis, dementias and Alzheimer's disease.
- Arugula is an excellent source of vitamin A. 100 g fresh leaves contain 1424 mcg of beta carotene and 2373 IU of vitamin A. Beta carotenes convert into vitamin A in the body. Studies found that vitamin A and flavonoid compounds in green leafy vegetables help protect from skin, lung and oral cavity cancers.
- This vegetable also rich in B-complex group of vitamins such as thiamin, riboflavin, niacin, vitamin B-6 (pyridoxine), and pantothenic acid those are essential for optimum cellular enzymatic and metabolic functions.
- Fresh arugula leaves contain good levels of vitamin C. Vitamin C is a powerful, natural anti-oxidant. Foods rich in vitamin C helps body protect from disease and boosts immunity and scavenge harmful, pro-inflammatory free radicals from the body.
- Arugula is one of the excellent vegetable sources for vitamin-K; 100 g provides about 90% of recommended intake. Vitamin K has potential role bone health by promoting osteotrophic (bone formation and strengthening) activity. Adequate vitamin-K levels in the diet helps limiting neuronal damage in the brain; thus, has established role in the treatment of patients suffering from Alzheimer's disease.
- Arugula is good in minerals especially copper and iron. In addition, it has small amounts of some other essential minerals and electrolytes such as calcium, iron, potassium, manganese, and phosphorus.