

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

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Cancer Center

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## ABOUT US

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## What is it?

Broccoli sprouts are young broccoli plants that have many nutrients. Broccoli sprout supplements come as tablets, capsules, and powder.

## What are the potential uses and benefits?

Broccoli sprouts are used to:

- Prevent cancer
- Fight infection caused by *Helicobacter pylori*, a type of bacteria that infects your stomach
- Stomach ulcers

It's generally safe to include broccoli sprouts in your diet. They can be eaten raw or cooked. Talk with your healthcare providers before taking them as supplements. Supplements are stronger than the sprouts you would add to your food.

Supplements can also interact with some medications and affect how they work. For more information, read the “What else do I need to know?” section below.

## What are the side effects?

There aren't any side effects of taking broccoli sprouts.

## What else do I need to know?

- Talk to your healthcare provider if you have advanced pancreatic cancer. Using high-dose broccoli sprout supplements while on chemotherapy can increase nausea (feeling of throwing up) and vomiting (throwing up).

If you have any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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