

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

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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 questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Broccoli Sprouts - Last updated on July 12, 2023

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