

THE **FINE LINE** —

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Beauty Buzzwords: Broccoli Seed Oil

You already know the benefits of eating broccoli. It's the vegetable with the most protein, and it's loaded with fiber and vitamins. But we're here to tell you about broccoli seed oil.

Skin care products are spiked with the extract of the cruciferous seed for an incredibly hydrating, soothing, antioxidant-driven result without irritation. And lest you think broccoli seed oil is superficial, studies are revealing this powerhouse may prevent UV radiation-induced cancer. You still need to eat your veggies for beautiful skin, but you'd have to eat a trough of broccoli to get the amount of

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loss — found in a small dose of broccoli seed oil.

BENEFITS

The benefits surpass even the wonderous sulforaphane; the oil also delivers phytonutrients glucoraphanin, glucobrassicin, and gluconasturtiin (to detoxify and purify), provides high levels of vitamin A (aka retinol) and vitamins B, C, and K to increase collagen production and fight free radicals. But broccoli seed oil's real superpower is its range of fatty acids, including linoleic acid, which promotes the production of ceramides, which help skin retain moisture while protecting against environmental evils.

And though broccoli seed oil is not sunscreen, it does provide UV protection by increasing protective enzymes in the skin. With the skin cells protecting themselves, the benefits last for days rather than hours. Lab tests reveal that sulforaphane reduces the number of skin cells killed by UV light by as much as 29 percent, with protection lasting up to 48 hours. This does not give you permission to skip the sunscreen, but we can all benefit from more protection.

Need another perk? The oil can tame frizzy hair or be a shine-enhancing, deep-conditioning treatment.

BEST BETS

Cold pressed from the tiny seeds of broccoli sprouts (which have a high concentration of sulforaphane), broccoli seed oil can be applied topically or ingested (be sure to read labels). Here are some products to try.



1. [L:A Bruket 167 Broccoli Seed Serum](#), \$62

2. [Votary Super Seed Facial Oil](#), \$110

3. [Telila Oils Broccoli Seed Oil](#), \$11

4. [Dr. Adorable Broccoli Seed Oil](#), \$12

5. [Sulu Organics Broccoli Seed Oil](#), \$11

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