**S2 Table**

**S2 Table.** Myrosinase activity measured in representative samples of the four glucoraphanin-rich preparations utilized in this study.

**Myrosinase Activity**

**Glucoraphanin (GR) Matrix (Units/gram ± 1 S.D.)**

GR-rich broccoli sprout extract (BSE) 0

GR-rich commercial supplement 0

Freeze-dried broccoli sprouts (FDBS) 103 ± 0.66

Broccoli seed powder (BSdP) 28.1 ± 0.67