

[Open Peer Review on Qeios](#)

Arugula Seed Powder

National Cancer Institute

Source

National Cancer Institute. *Arugula Seed Powder*. NCI Thesaurus. Code C131020.

A dietary supplement containing an extract powder derived from the seeds of the cruciferous vegetable arugula (*Eruca sativa*), with potential chemopreventive and antioxidant activities. Arugula seed powder contains numerous vitamins and minerals, and is rich in phytonutrients, such as sulforaphane and indole-3-carbinol. Although the exact mechanism of action through which arugula seed powder may exert its anti-tumor effect has yet to be fully elucidated, the effects of this powder on cancer cells may be attributable to the antioxidant and pro-apoptotic activities of the phytonutrients.