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Beetroot Juice

National Cancer Institute

Source

National Cancer Institute. *Beetroot Juice*. NCI Thesaurus. Code C114297.

The juice of the beetroot, with potential antioxidant and protective activities. Beetroot juice contains antioxidants, including betacyanin, which scavenge free radicals. In addition, beetroot contains high levels of nitrates and folic acid. Consumption of beetroot juice leads to the conversion of nitrate to nitric oxide (NO) in the body. This juice may have a beneficial effect on blood flow and blood pressure through the induction of NO-mediated vasodilation. Additionally, this agent may decrease fatigue and increase physical performance.