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By Martyn Fisher

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Broccoli makes a 'super sunscreen'

New research shows when rubbed directly into skin broccoli 'reduces' chance of a person developing skin cancer



A new form of sunscreen?

A new study suggests that broccoli could be just as effective as sun tan lotion.

When rubbed directly into the skin, the research showed, broccoli reduced the chance of a person developing skin cancer.

Sally Dickinson, research assistant professor in the Pharmacology Department of the University of Arizona Cancer Centre, teamed up with researchers from John Hopkins University in Baltimore for the pilot study.

She said: "We're searching for better methods to prevent skin cancer in formats that are affordable and manageable for public use."

According to the team, broccoli contains a compound called sulforaphane, which could help prevent skin cancer. This is because the compound is "highly effective" at inhibiting cancer-causing pathways.

Dr Dickinson added: "Sulforaphane may be an excellent candidate for use in the prevention of skin cancer caused by exposure to ultraviolet rays.

"It is the kind of compound that has so many incredible theoretical applications if the dosage is measured properly.

"We already know that it is very effective in blocking sunburns and we have seen cases where it can induce protective enzymes in the skin."