

## QUICK REFERENCE SHEET

# WATERCRESS

*Nasturtium officinale*



Part Utilized:  
Leaf



### PROPERTIES:

Highly nutritious, making it beneficial for whatever system needs it most

### SYSTEMS AFFECTED:

Endocrine/Glandular, Cardiovascular, Skeletal, Nervous, Brain

### POSSIBLE USES:

thyroid health, heart health, arteriosclerosis, osteoporosis, depression, cognition

### INGREDIENT IN:

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### GENERAL INFORMATION:

Researchers at William Paterson University in New Jersey have put together a list of “41 Powerhouse Fruits and Vegetables” ranked according to the amounts of 17 critical nutrients that they contain. The foods were scored according to the content of fiber, potassium, protein, calcium, folate, vitamin B12, vitamin D, and other nutrients. Watercress was at the top of the list—#1.

Besides the nutrients listed above, Watercress is a source of vitamins E, B6, and K, thiamine, riboflavin, niacin, pantothenic acid, choline, betaine, iron, magnesium, phosphorus, sodium, zinc, copper, manganese, selenium, fluoride, and Omega 3 and 6 fatty acids, but is very low in saturated fats and cholesterol.

With nutritional values this high, Watercress comes off as beneficial in almost any study that is conducted for the simple reason that better nutrition improves everything!