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'Super-broccoli' hits the shelves

A HEART disease and cancer-fighting 'super-broccoli' goes on sale today. Beneforte was developed by British scientists and contains about three times more of the nutrient glucoraphanin than standard broccoli. Work on the project began after a beneficial wild type was discovered in 1983 and developed at the Institute of Food Research and John Innes Centre, both based in Norwich. It will be sold for £1.99 a pack by Marks & Spencer and at other supermarkets next year.

