

BioDIM® I-3-C Complex

Hormonal Balance in Men and Women



DESCRIPTION

BioDIM® I-3-C Complex is a blend of DIM combined with Vitamin D3, Vitamin E, Calcium D-Glucarate, Indole-3-Carbinol, Green Tea Extract, and Resveratrol. BioDIM® I-3-C Complex supports hormonal balance in both men and women, normal cellular apoptosis, and overall cellular health.

FUNCTIONS

BioDIM® I-3-C Complex is a unique formulation that helps support the normal metabolic pathways of hormones in both men and women. Included in the formulation are diindolylmethane or DIM a plant compound that supports healthy estrogen metabolism in both men and women. Studies have demonstrated that DIM and I-3-C have been found to support normal apoptosis to help the body regulate defective cells. Indole-3-Carbinol (I-3-C) supports cellular health. It has been shown to support a shift in estrogen metabolism towards less estrogenic metabolites, thus reducing the risk of estrogen sensitivities. Because I-3-C helps to maintain healthy hormonal balance for both men and women, it may provide support for the health of the breast, prostate, and other reproductive organs. Indole-3-Carbinol occurs naturally in cruciferous vegetables such as broccoli, cabbage, cauliflower, Brussel sprouts, collard greens and kale. Vitamin D3 is essential for the formation, growth, and repair of bones and for normal calcium absorption and immune function. It also supports cellular differentiation and supports normal apoptosis.

Vitamin E is a powerful antioxidant that helps protect cells. Defective cells are believed to result from oxidative damage to DNA caused by free radicals. Antioxidants, such as vitamin E, help protect against the damaging effects of free radicals. Calcium D-Glucarate helps to support the glucuronidation detoxification pathway. Glucuronidation enables the body to rid itself of foreign elements including xenoestrogens, pollutants and toxins. It is a process by which glucuronic acid is conjugated to various toxins in the liver so that they can be excreted through the bile or urine. It also removes "used" hormones and synthetic hormones from the body. Glucuronidation is a major means of converting most drugs, steroids, and many toxic and "environmental" substances to metabolites that can be excreted in the urine or bile.

Green tea extract comes from the tea plant, *Camelia sinensis*, which is an excellent source of potent polyphenols/bioflavonoids with powerful antioxidant properties. Research has identified the polyphenol epigallocatechin-3-gallate (EGCg) as the most active agent in green tea. HMRlignan, a standardized lignan extract, provides powerful antioxidant protection, helps protect against cellular damage caused by free radicals, and is beneficial in supporting healthy hormonal balance. Trans-Resveratrol is the active form of resveratrol. It is a natural polyphenol with powerful antioxidant activity that supports the body's ability to protect its cells against

dangerous free radicals that can contribute to prostate problems. Studies with resveratrol indicate that this polyphenol inhibits the activity of aromatase, the enzyme that converts testosterone to estrogen.

INDICATIONS

BioDIM® I-3-C Complex may be a useful nutritional supplement to help support hormonal balance and metabolism in men and women.

FORMULA (WW #10317)

2 Capsules Contain:

Vitamin D3 (as cholecalciferol)	1000 IU
Vitamin E (as d-alpha Tocopheryl Succinate)	50 IU
Calcium (as Ca D-Glucarate)	50 mg
Indol-3-Carbinol	200 mg
DIM®	100 mg
(a patented enhanced bioavailability complex of starch, diindolylmethane, Vitamin E as d-alpha tocopheryl succinate, soy phosphatidylcholine, silica)	
Green Tea (<i>Camellia sinensis</i>) Leaf Extract	250 mg
yielding EGCg	175 mg
HMRlignan™ (a Norway Spruce (<i>Picea abies</i>)	30 mg
Standardized Lignan Extract)	
Trans-Resveratrol	50 mg
(from <i>Polygonum cuspidatum</i> Root Extract)	

Other ingredients: Vegetable cellulose (capsule), rice flour, silica, and vegetable leucine. Contains soy.

SUGGESTED USE

Adults take 2 capsules daily, or as directed by a healthcare professional.

SIDE EFFECTS

Warning: If pregnant or nursing, consult a healthcare practitioner before taking this product.

STORAGE

Store in a cool, dry place, away from direct sunlight. Keep out of reach of children.

Manufactured For:

Fireside Pharmacy
73847 Hwy III
Palm Desert, CA 92260
760.346.1113

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.