

BioDIM



Distributed by: Adaptogen Research
625 Barksdale Road, Suite 113
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BioDIM



Clinical Applications

- Supports Healthy Balance of Testosterone & Estrogen*
- Provides Antioxidant Properties*

BioDIM Plus provides 150 mg of DIM (Diindolylmethane) -a type of compound known as a 'plant indole.' Plant indoles are found in cruciferous vegetables such as broccoli, cabbage and cauliflower and are among the nutrients that give these vegetables their well-known healthful properties.

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

Discussion

The primary plant indole found in cruciferous vegetables is known as Indole 3 Carbinol (I3C), which converts to DIM in the body. I3C and DIM have been studied for their health-promoting benefits when used as supplements. While both may help support healthy estrogen metabolism, DIM may be a better option as it does not produce the unwanted side effects of I3C (including possible nausea and equilibrium issues).

DIM is made up of a crystalline structure that makes it difficult for the body to absorb. BioDIM is the only microencapsulated formulation of DIM with proven absorption and activity demonstrated in independently performed clinical studies. BioResponse's proprietary formulation contains microencapsulated complexes of diindolylmethane.

Both women and men produce many different forms of estrogen. Research suggests that the ratio of two specific forms – 2 hydroxy estrogen and 16 hydroxy estrogen – is important for optimal health. DIM helps support a more optimal balance of these two estrogens, thereby providing a protective effect on the body. DIM also acts as an 'aromatase inhibitor' – meaning it can block some testosterone from converting to estrogen, making more testosterone available in the body. This could have a positive influence on sexual desire and athletic performance in both men and women.

Supplement Facts	
Serving Size 1 Capsule	
Servings Per Container 60	
Amount Per Capsule	
BioDIM [®] Proprietary Complex	150 mg*
Starch (corn), diindolylmethane, tocophersolan, phosphatidylcholine (sunflower seed), and silica	
*Daily Value not established.	

Other ingredients: Microcrystalline cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), silicon dioxide, and ascorbyl palmitate.

Suggested Use

As a dietary supplement, take 1 capsule, 1 to 2 times daily with food or as directed by a healthcare professional.

Caution: If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your physician before using this product. KEEP OUT OF REACH OF CHILDREN.

[†]BioDIM[®] is a registered trademark of and is licensed from BioResponse, LLC, Boulder, Colorado. It is a proprietary, enhanced-bioavailability complex containing 25% diindolylmethane (DIM).

***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.**

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