

# Bio-DIM Plus



## Clinical Applications

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

Bio-DIM Plus provides 100 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. To overcome this hurdle, DIM-Evail™ is manufactured using an all-natural process that helps to optimize the absorption of this nutrient by the body. This delivery technology increases the absorption rate and reduces the absorption time for DIM, and as a result, it may allow for superior effects through lower dosages.

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 softgel

Amount Per Serving	% Daily Value
Diindolylmethane (DIM)	100 mg *

\* Daily Value not established.

**Other Ingredients:** Medium chain triglycerides, vitamin E, sunflower lecithin; gelatin, purified water, glycerine, annatto (softgel ingredients).

### Suggested Use

As a dietary supplement, take one softgel per day with a meal, or as directed by your health care practitioner.

### Caution

Keep out of reach of children.

**\*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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