



Indole Plus



Clinical Applications

- Supports Estrogen Balance*
- Supports Proper Estrogen Metabolism for Women and Men*
- Provides Cellular Antioxidant Support for DNA Stability*

Indole compounds favorably influence steroid hormone metabolism and help rebalance estrogen in favor of 2-hydroxyestrone, a protective estrogen metabolite.* Dietary indoles also stimulate liver detoxification enzymes, protect DNA, and regulate cell cycle progression.* Indole-3-carbinol (I3C), the most prominent dietary indole, readily breaks down in the presence of stomach acid into diindolylmethane (DIM) and other associated indole compounds that are subsequently absorbed. Indole Plus contains I3C, DIM, and other indoles for broad protection.

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

Discussion

Indole Plus is a targeted supplement that combines the synergistic benefits of the cruciferous vegetable metabolites Indole-3-carbinol (I3C) and diindolylmethane (DIM) to support proper estrogen metabolism. Formulating I3C and DIM together creates the ideal combination of beneficial metabolites that work together to support estrogen balance, breast and prostate health.

Many of the health benefits derived from eating cruciferous vegetables (cabbage, brussels sprouts, broccoli, etc.), especially those shown to be beneficial for breast and prostate health, are thought to be derived from the group of secondary metabolites known as glucosinolates. When these vegetables are cut, crushed or chewed, the actions of the enzyme myrosinase (released from the cells) hydrolyses these glucosinolates into other compounds. For instance, glucosinolates from broccoli and brussel sprouts readily convert into I3C when consumed. I3C can then be further converted via stomach acid into other health promoting compounds, including DIM. These compounds have generally been thought to be responsible for the various cellular activities that lead to hormone health.

Estrogen collectively refers to the female hormones estradiol, estrone and estriol. Hormones have important functions in every area of the body. They are chemical messengers that interact with cells all over the body (especially tissues that are more sensitive to them, including breast and prostate tissues.). The most important message they deliver is to grow, divide, and multiply. For this reason, hormones are critically important in human development and tissue repair. Supporting proper estrogen synthesis, metabolism and detoxification is essential for proper hormonal balance. Depending on how estrogen is metabolized it can result in different metabolites, each with individual biological activity. By keeping hormones in balance and ensuring the body is able to process hormones properly, cruciferous vegetable metabolites (such as I3C and DIM) work together to reduce hormone overload and maintain cellular health. Current data on I3C and DIM, suggests that these phytonutrients have strong potential for supporting breast, cervical, uterine and prostate health.¹⁻⁴ I3C is a naturally occurring compound derived from cruciferous vegetables such as broccoli, brussel sprouts and cabbage. Together, I3C and DIM promote the creation of the more favorable and protective 2-hydroxyestrone (2-OHE) metabolite versus production of 4-hydroxyestrone (4-OHE) and 16-alpha-hydroxyestrone (16-alphaOHE), metabolites which can overstimulate cells and create free radicals that cause DNA damage.⁵ The influence of I3C and DIM on estrogen metabolism creates a more desirable ratio of 2-OHE to 16-alpha-OHE. This assessment of 2:16 alpha-OHE ratio has been used to evaluate breast health. With this in mind, Estro-DIM includes targeted doses of both I3C and DIM in one capsule a day dosing to make daily balancing of hormones easy and convenient.

Distributed by: Adaptogen Research
625 Barksdale Road, Suite 113
Newark, DE 19711

Indole Plus

*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.



I3C*

Indole-3-carbinol (I3C) is a naturally occurring compound found in numerous cruciferous vegetables, such as broccoli, cauliflower, kale and cabbage. Following ingestion of I3C, the body converts it to several different metabolites, one of which is diindolylmethane (DIM). Both of these compounds, as well as many other I3C metabolites, have been shown to impact metabolic shifts and cellular activities for improved health outcomes. I3C has also been shown to temper estrogen signals by competing for binding sites and inhibiting the activity of estrogen receptors.⁶⁻¹⁵ A study published in the Journal of Nutrition unveiled evidence that I3C supports healthy cellular function related to estrogen metabolism.¹⁶

DIM*

Diindolylmethane (DIM) is a phytonutrient and plant indole also found in cruciferous vegetables with potential for enhancing proliferation of healthy cells and cellular activities. As a dimer (formed chemical structure of two substances) of indole-3-carbinol, diindolylmethane (DIM) promotes beneficial estrogen metabolism in both sexes supporting the formation of healthy estrogen metabolites and enhancing the potential for greater antioxidant activity.¹⁷⁻¹⁹

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Capsule	% Daily Value
Calcium (as calcium carbonate)	35 mg 3%
Total Dietary Indoles Proprietary blend containing indole-3-carbinol and diindolylmethane	400 mg *
*	Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water) and silicon dioxide.

Suggested Use

1 capsule, 1 to 2 times daily or as directed by a healthcare professional.

Allergy Statement

Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, gluten, and soybeans. Contains no artificial colors, flavors, or preservatives.

Caution

If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of reach of children.

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