

# Bio-DIM Plus

Highly absorbable DIM for healthy estrogen balance

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.

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).

## How Does Bio-DIM Plus Offer Superior Absorption?

DIM is made up of a crystalline structure that makes it difficult for the body to absorb. To overcome this hurdle, Bio-DIM Plus 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.

## DIM and Hormone Balance

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.

## Benefits of Bio-DIM Plus

- Helps maintain beneficial ratio of 2 hydroxy estrogen to 16 hydroxy estrogen (also known as a higher '2/16 ratio')
- Supports healthy balance of testosterone and estrogen
- Provides antioxidant properties. DIM has been shown to help protect cells in the body from the damaging effects of oxidation.
- Has none of the side effects associated with I3C
- Specifically formulated for maximum absorption and bioavailability

## Recommended Use

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



\*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.

ADAPTOGEN RESEARCH • 625 BARKSDALE ROAD, SUITE 113 • NEWARK, DE 19711 • 302-213-0030

ZPLP DIM 5/14