

# DIM PLUS

support for healthy estrogen metabolism in men and women\*



**Serving Size:** 2 Capsules

**Servings Per Container:** 60

**DIM Plus** supports healthy estrogen metabolism for men and women.\* Estrogen dominant conditions are associated with both environmental toxins mimicking estrogen and compromised metabolism of estrogens.\* DIM (diindolylmethane), enhanced by curcumin and black pepper extract (BioPerine®), has been found to increase levels of “good” estrogens (2-hydroxyestrogens) while reducing levels of “bad” estrogens (16-hydroxyestrogens) and may result in a relief of symptoms associated with estrogen dominance.\* DIM is an advanced metabolite of Indole-3-Carbinol, the indole found in cruciferous vegetables. Indoles support healthy estrogen metabolism and an optimal ratio of estrogen metabolites.\* The BioPerine®/curcumin combination has demonstrated a dramatic improvement in the bioavailability, extent of absorption and serum concentration of the bioactive curcuminoids.\*

## Two Capsules Contain:

Curcumin (from turmeric extract) ..... 600 mg  
DIM (diindolylmethane) ..... 150 mg  
BioPerine® (from piper nigrum/black pepper extract) 2 mg

**Other Ingredients:** HPMC (vegetable capsule), MCC (microcrystalline cellulose), rice flour.

**Free of:** Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

**BioPerine®** is a registered trademark of Sabinsa Corp.

**Directions:** Take two capsules daily or as directed by your healthcare practitioner.

