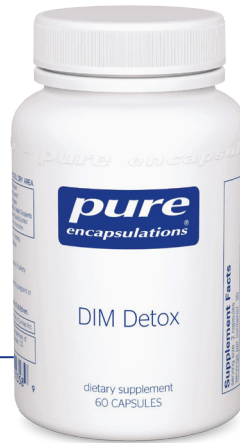


# DIM Detox

Introduced 2011



## What Is It?

DIM Detox provides powerful support for detoxification and cellular health by promoting healthy cell cycle function and hormone metabolism.\*

## Uses For DIM Detox

**Cellular Health and Detoxification:** The glucosinolates in broccoli, including indole-3-carbinol and sulforaphane, help support healthy detoxification. BioResponse DIM® provides 25 mg per serving of a highly absorbable form of diindolylmethane, an important metabolite of indole-3-carbinol. These compounds promote healthy estrogen metabolism and cell cycle activity. Calcium-D-glucarate targets beta-glucuronidase enzyme activity, promoting healthy hormone detoxification through the glucuronidation pathway. Lignans such as 7-hydroxymatairesinol (HMR) are converted in the body to enterolactone. Research indicates that dietary intake of lignans and healthy serum enterolactone levels provide support for cell, heart, breast, bone and cognitive health. Silymarin, alpha lipoic acid and N-acetyl-L-cysteine (NAC) act to support phase II detoxification enzyme activity in the liver and offer antioxidant support for cellular protection. Taurine, glycine and methionine promote phase II detoxification pathways and healthy cell metabolism.\*

## What Is The Source?

Diindolylmethane complex consists of starch (derived from corn), diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine (derived from sunflower) and silica, and is standardized to contain 25% diindolylmethane. Calcium-D-glucarate is derived from cornstarch and glucose. Broccoli sprout concentrate (20:1) is derived from *Brassica oleracea italica* and is standardized to contain a minimum of 400 mcg sulforaphane. Milk thistle extract is derived from *Silybum marianum* fruit and is standardized to contain 80% silymarin. HMRlignan™ contains 7-hydroxymatairesinol derived from Norway Spruce. Alpha lipoic acid, glycine, l-methionine and taurine are synthetically derived. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypoallergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations® recommends 2 capsules daily, with meals.

## Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Some ingredients may cause gastrointestinal upset. In rare cases, alpha lipoic acid may cause skin rash in sensitive individuals. Rare side effects of N-acetyl-L-cysteine and milk thistle include headache, dry mouth, itching and dizziness. Milk thistle should be avoided by individuals with allergies to members of the aster (*Compositae/Asteraceae*) family, daisies, artichoke, kiwi or thistle. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Some studies have reported that milk thistle, calcium-D-glucarate and broccoli sprout extract can affect the way that the liver breaks down medications metabolized by the cytochrome P450 system, altering the effects of these medications and possibly the dose needed for treatment. Broccoli sprout extract may react with blood thinning medications. Consult your physician for more information.

(continued)