

# Indole-3-Carbinol 400 mg

Supports cellular health<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Healthy breast, cervical and prostate cell support<sup>†</sup>

## BENEFITS

- Supports the function of healthy breast cells<sup>†</sup>
- Promotes cervical cell health<sup>†</sup>
- May support prostate cell function<sup>†</sup>

## FEATURES

- Naturally found in vegetables including broccoli, Brussels sprouts and cabbage
- Made with high-quality vegan ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Indole-3-carbinol (I3C) is a metabolite of glucosinolates found in cruciferous vegetables, including broccoli, Brussels sprouts and cabbage. Once ingested, stomach acid converts I3C to various active metabolites including diindolylmethane (DIM), which are absorbed into the bloodstream. Studies indicate that I3C and DIM support cellular health in the breast, cervix and prostate.<sup>1-3†</sup>

## SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-2 times daily, with meals.

## STORAGE

KEEP REFRIGERATED.

## WARNING

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- In nature, indole-3-carbinol can be found in cruciferous vegetables such as broccoli, Brussels sprouts, cabbage, bok choy, cauliflower and kale. Indole-3-Carbinol in supplement form is synthetically produced

- Hypo-allergenic plant fiber is derived from pine cellulose

## NOTES

Size 0 caps

Bottle count 60, 120

Order codes I346, I341

Bottle size 150 cc, 225 cc

## REFERENCES

1. Meng Q, et al. *Breast Cancer Res Treat.* 2000 Sep;63(2):147-52.
2. Bell MC, et al. *Gynecol Oncol.* 2000 Aug;78(2):123-9.
3. Adler S, et al. *Anticancer Res.* 2011 Nov;31(11):3733-7.

## SUPPLEMENT FACTS

**1 capsule, 1-2 times daily, with meals.**

**Each (size 0) vegetarian capsule contains:**

Indole-3-carbinol 400 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

**This formula requires refrigeration.**

**Not to be taken by pregnant or lactating women.**



Indole-3-Carbinol 400 mg	Quantity	Order Code
	120	I341
	60	I346

Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO policy.