Indole-3-Carbinol

To support estrogen metabolism*

- Maintains optimal 2-hydroxy/16-hydroxy estrogen ratios*
- Found in cabbage family vegetables, it’s a source of DIM
- Nutritional support for liver detoxification*

Allergy Warning
This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

Pregnancy Warning
If pregnant, consult your health-care practitioner before using this product.

Interactions
There are no known adverse interactions or contraindications at publication date.

Purity
This product does not contain wheat, gluten, corn, yeast, soy, egg, dairy products, or artificial colors, artificial sweeteners, or artificial flavors. This product also does not contain lactose, palmitic acid, magnesium stearate, or stearic acid.

Suggested Use
Take 1 capsule one to two times daily or as recommended by a health-care practitioner.

Additional Notes

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.