



DIM-PRO® 100

What Is It?

Diindolylmethane is a metabolite of indole-3-carbinol (I3C). Both are found naturally in cruciferous vegetables like broccoli, kale and brussel sprouts. Upon contact with gastric acid in the stomach, I3C is converted to a number of active compounds in varying amounts, predominantly diindolylmethane. Therefore, it may be more supportive than I3C in cases of low gastric acidity. Diindolylmethane provides support for healthy breast, cervical and prostate cells.*

Uses For DIM-PRO® 100

Promotes Breast, Cervical and Prostate Cell Health:

Animal and cell studies have found that diindolylmethane supports healthy breast cell metabolism in part by promoting healthy cytochrome P450 detoxification, maintaining healthy gene expression, and supporting healthy cell cycle function and enzyme activity. A double-blind, randomized clinical trial involved 19 post-menopausal women who supplemented with BioResponse-DIM® (diindolylmethane) for 30 days. Results suggest that it promoted healthy breast cell function. Furthermore, an additional double blind randomized clinical trial of 52 women found that BioResponse-DIM® supported cervical cell health. Animal and cell studies have also indicated that diindolylmethane enhances prostate cell health by maintaining healthy gene expression.*

Promotes Breast Comfort: Another randomized placebo-controlled crossover trial including 33 pre-menopausal women found that supplementing with BioResponse DIM® for 3 months promoted statistically significant breast comfort.*

What Is The Source?

Diindolylmethane in its pure form is highly insoluble. Patented, microencapsulated BioResponse DIM® has been specially developed for enhanced absorption. BioResponse DIM® is a complex of starch (derived from corn), diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine (derived from soy) and silica, standardized to contain 25% diindolylmethane. BioResponse DIM® and DIM-PRO® are trademarks of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 1-3 capsules per day, in divided doses, with or between meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

DIM-PRO® 100

each vegetable capsule contains



diindolylmethane complex**	100 mg.
(complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine and silica)	
(standardized to contain 25% diindolylmethane)	25 mg.
vitamin C (as ascorbyl palmitate)	20 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
Contains soy	

Not to be taken by pregnant or lactating women.

Natural color variations may occur.

1-3 capsules per day, in divided doses, with or between meals.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.