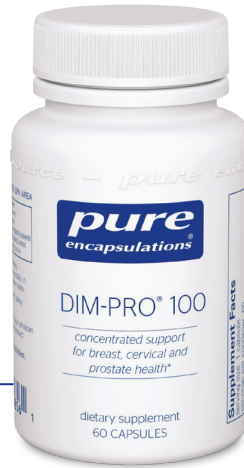




# DIM-PRO® 100

Introduced 1999



## What Is It?

Diindolylmethane is a metabolite of indole-3-carbinol (I3C). Both are found naturally in cruciferous vegetables like broccoli, kale and brussels 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 sunflower) 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. Hypoallergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations® recommends 1 capsule, 1-3 times daily, with or between meals.




## Are There Any Potential Side Effects Or Precautions?

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## 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 vegetarian capsule contains    v o

diindolylmethane complex ..... 100 mg  
 (complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine and silica)  
 (standardized to contain 25% diindolylmethane)..... 25 mg  
 other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Natural color variations may occur. Product can range from pinkish to peach.

*If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.*

**Recommendations:** As a dietary supplement, take 1 capsule, 1-3 times daily, with or between meals.

BioResponse DIM® and DIM-PRO® are trademarks of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.