

A dietary supplement to support hormonal balance and weight management in both men and women.*

Supplemental use of **DIM**[®] supports your estrogen management system that will help you to achieve your health and fitness goals, whether you are a man or woman, young or old, athlete, body builder or a dieter.*

DIM[®] is a proprietary blend of Diindolylmethane (**DIM**[®]), Vitamin E and Phosphatidylcholine in a highly-bioavailable, patented form that reduces the health risks associated with estrogen dominance and slow estrogen metabolism in both men and women by helping to maintain proper hormone balance.*

DIM[®] is a plant compound that promotes estrogen metabolism causing a beneficial shift in the balance of estrogen, testosterone and progesterone in both men and women.* A healthy balance between estrogen, testosterone and progesterone supports skin, prostate, ovarian, breast, skeletal, joint and cardiovascular health, lean body mass, efficient fat burning, better physical conditioning, improved mood and memory, increased libido, and supports healthy aging.*

DIM[®] supports those taking HRT because it helps the body balance estrogen by modulating the activity of enzymes.* These enzymes support the metabolism of estrogen.*

In women, estrogen is the dominant hormone. Healthy metabolism of estrogen lowers the health risks and side-effects associated with unopposed estrogen or estrogen dominance. In men, testosterone is the dominant hormone while estrogen is found in small amounts. Increased estrogen and inadequate estrogen metabolism contribute to male hormonal imbalance. Supporting estrogen metabolism with **DIM**[®] may help restore the testosterone-to-estrogen ratio.*

DIM[®] can be used with other supplements to support metabolism and hormone balance.*

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving

DIM[®] 150 mg

(a proprietary enhanced bioavailability complex of starch, diindolylmethane, Vitamin E as tocophersolan, phosphatidylcholine, silica.)

Other ingredients: microcrystalline cellulose, hypromellose (capsule), vegetarian leucine.

Warning: If pregnant, nursing, or planning to become pregnant, do not take this product.

Suggested Use:

As a Dietary Supplement: Take 1 capsule with food, 1 to 2 times daily, or as directed by your healthcare practitioner.

For Weight Management: Take 1 capsule, twice daily with a snack, between meals.

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