

Dietary Indoles (60 vcaps)

£28.50

Dietary Indoles provides the combined protective benefits of indole-3-carbinol (I3C), diindolylmethane (DIM), and other dietary indoles. Dietary indoles are active, naturally-occurring phytonutrient compounds found in cruciferous vegetables such as broccoli, cabbage, kale, and brussel sprouts. This specific group of phytonutrients assists elimination of toxins from the liver, promotes healthy balance of oestrogen metabolites, and helps maintain cellular health for both men and women.

Indole compounds help shift oestrogen balance in favour of 2-hydroxyestrone, a protective oestrogen metabolite, and exert beneficial effects on reproductive tissues such as breast, cervix, and prostate. Increased consumption of cruciferous vegetables (including broccoli, cauliflower, brussel sprouts, cabbage, kale, turnips, bok choy, and kohlrabi) is associated with decreased incidence of abnormal cell growth and proliferation in several different tissues.

Dietary Indoles contains a broad-spectrum mixture of I3C, DIM, and associated dietary indoles. Inclusion of I3C plus preformed DIM and other important related active metabolites ensures that the complete benefits of cruciferous plants are preserved. Indole-3-carbinol readily breaks down once ingested into DIM and other dietary indoles, but the exact indoles responsible for the beneficial activity are not fully understood.

Dietary Indoles is intended as a nutritional adjunct for individuals who wish to ensure adequate intake of nutritionally meaningful amounts of dietary indoles that may assist proper balance of oestrogen and oestrogen metabolites related to the well-being of oestrogen-sensitive tissues.

Suggested Use: 1 to 2 capsules daily with food.

Cautions and contraindications: Side effects may be noticed by a few with flatulence and nausea. The effects do pass with continued or lowered supplementation.

Antacids and H2 Blockers (such as Zantac) can inhibit the effectiveness of I3C.

This product was made in a GMP and ISO 9001:2000 registered facility.

Last updated: Sept 2009

Supplement Facts

Serving Size 1 Capsule

Amount Per Capsule	
Total Dietary Indoles	400 mg*
Proprietary blend containing indole-3-carbinol, diindolylmethane, and related indole compounds	

*Daily Value not established.

Other ingredients: Vcaps™ vegetarian capsule, cellulose, water, silicon dioxide, and magnesium stearate.

This information service is not intended to make any claims or provide medical advice. Please www.bio-vitality.com for clinical references.

Bio-Vitality Limited, PO Box 493, Guernsey, Channel Islands, GY1 6BY

Ordering Options:

By phone or in person at Maureen Gillanders Body & Skin Care Clinic, Fort Complex, L'Islet, Guernsey, GY2 4SN.

Online at www.bio-vitality.com (through Amazon).

Any cheques to be made payable to Maureen Gillanders (Guernsey) Limited.