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Natural Support For
Healthy Estrogen Balance

DIM® Enhanced Delivery System

Item# 74140

Safe, stable and bioavailable form of I3C

How How Your Patients May Benefit from DIM, dietary supplement:

- Maintains healthy reproductive tissue, e.g. breast and cervix and prostate
- Promotes healthier estrogen metabolism and balance
- Helps promote the conversion of estrogen to its beneficial, protective 2 hydroxyestrone metabolites and reduces production of genotoxic 16 a-hydroxyestrone
- Stimulates detoxification enzyme systems
- Helps to promote a healthy mood and sense of well-being in perimenopausal years
- May be beneficial for women with estrogen-dominant health conditions and those on hormone replacement therapy (HRT)

Description

DIM (Diindolylmethane) has been shown to help regulate and promote a more efficient metabolism of estrogen, and an optimal ratio of estrogen metabolites.

DIM® Enhanced Delivery System from Allergy Research Group® contains BioResponse DIM™, a unique formulation containing pure Diindolylmethane, an indole. Indoles are plant compounds with health promoting properties, and are found in cruciferous vegetables such as broccoli, cabbage, cauliflower and Brussels sprouts.

DIM® Enhanced Delivery System is a stable, bioavailable form of DIM, made possible through a proprietary delivery system. The formula is co-solubilized with phosphatidylcholine, and microencapsulated in starch

particles.

Research over the past thirty years has determined that disrupted estrogen metabolism is closely linked to several health risks in men and women, particularly those involving the breast, uterus, prostate and other reproductive tissue. Genetics, excess weight, poor diet and other lifestyle factors may result in an imbalance of estrogen metabolites. Xenoestrogenic compounds of the modern world, such as organochlorine pesticides, can significantly disrupt healthy estrogen metabolism.

These estrogen disruptors alter estradiol hydroxylation metabolism producing a higher ratio of the genotoxic 16 alpha-hydroxyestrone (16 a-OHE1) to the safer and weaker estrogenic 2-hydroxyestrone (2-OHE1). The genotoxic 16 a-OHE1 stimulates cellular proliferation, increases oncogene expression, and inhibits apoptosis. It is clear that modulating these aspects of estrogen metabolism, particularly the production of 16 a-OHE1, can contribute to healthy aging.

The phytochemicals in cruciferous vegetables have been shown to beneficially affect the body's hormonal and detoxification systems. Epidemiological studies have supported the health benefits of consuming these vegetables.

DIM is a major active acid-catalyzed derivative of one of the phytochemicals in cruciferous vegetables, indole-3-carbinol (I3C). DIM is thought to be responsible for the health effects of dietary I3C. Research using human breast cells (MCF-7) has shown that DIM not only inhibits cell growth, but also induces apoptosis. These results involve DIM binding to the aryl hydrocarbon receptor (AhR) resulting in rapid formation of the nuclear AhR complex and consequent induction of gene expression and synthesis of cytochrome P450 detoxification enzyme (CyP450A1). DIM consequently produces increased levels of the protective hydroxylated estrogen 2-OHE1.

The mechanisms for DIM's health benefits primarily involve the induction of mixed function oxidases and phase II detoxification enzyme systems by the binding and activation of the arylhydrocarbon receptor. Some have suggested that DIM may also positively affect cellular signaling pathways, and thus regulate tumor promotion and progression. It is becoming increasingly apparent that dietary supplements like DIM may provide an important mechanism for maintaining successful aging despite the increasing levels of xenoestrogenic compounds in our modern world.

Four (4) capsules contain:	300 mg BioResponse DIM™ (yielding 75 mg active DIM)

Other ingredients:	Cellulose, food grade starch, vitamin E succinate, phosphatidylcholine, silica, and carbowax.
Available in bottles of:	120 vegetarian capsules
Suggested use:	2 to 4 capsules daily, or as directed by a healthcare practitioner.
Caution:	Do not use this product if you are pregnant or lactating, or using birth control pills.

NOTE: Harmless changes in urine color may occur. Increased water consumption reverses this side effect.

References

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

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