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Natural Support For
Healthy Estrogen Balance

DIM® Vitex PMS Formula

Item# 74720

Safe, stable and bioavailable form of I3C (indole 3 carbinol), together with herbs for premenstrual health

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

- Maintains healthy reproductive tissue, i.e. the breast, uterus, and cervix
- Promotes healthier reproductive hormonal metabolism and balance
- Helps promote the conversion of estrogen to its beneficial, protective 2 hydroxyestrone metabolites and reduces production of genotoxic 16 a-hydroxyestrone
- Helps promote a healthy mood and sense of well-being in perimenopausal years
- Stimulates detoxification enzyme systems

Description

DIM (Diindolylmethane) has been shown to help regulate and promote a more efficient metabolism of estrogen, and an optimal ratio of estrogen metabolites important for male as well as female health.

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

DIM Vitex PMS Formula includes 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.

DIM Vitex PMS Formula also includes herbs thought to be beneficial to female reproductive health.

Research over the past thirty years has determined that disrupted estrogen metabolism is closely linked to several health risks in women as well as men, 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 and plastics, 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, may potentially 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 supports the body in inhibiting cell growth, but also inducing 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 supports the body in producing 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, potentially being of benefit in that regard. It is becoming increasingly apparent that dietary supplements like DIM may provide an important mechanism for maintaining health despite the increasing levels of xenoestrogenic compounds in our modern world.

The berries of the tree Vitex agnus-castus have been used for millennia to support the body's moderation of hormone levels in women as well as men. A recent clinical study of 170 women with premenstrual syndrome (PMS) demonstrated Vitex's therapeutic effectiveness. There was a highly

significant ($P<0.001$) improvement in the women's self assessment of PMS symptoms, including anger, bloating, breast fullness, headache, irritability, and mood alteration.

Consumption of green tea has been shown to be nutritionally supportive for individuals with a variety of health concerns. This effect is thought to be due to the tea's polyphenol content, primarily (-)-epigallocatechin gallate (EGCG). In fact, in animal studies EGCG significantly reduced levels of reproductive hormones, as well as the growth of associated tissue.

Each (1) capsule contains:

Vitex agnus-castus Berry Extract	20 mg
BioResponse DIM™ - A patented Diindolylmethane complex containing starch, DIM (25% min.), Vitamin E succinate, phosphatidylcholine, and silica	75 mg
Decaffeinated Green Tea Extract (Standardized to 60% Catechins)	600 mg

Other ingredients:	Yellow beeswax as a suspending agent.
Available in bottles of:	60 vegetarian capsules
Suggested use:	As a dietary supplement, 1 capsule, twice daily with a meal, 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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