



# DIM Palmetto

## Prostate Formula

DIM Palmetto Prostate Formula 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 (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.\* This formula combines DIM with other nutrients to nutritionally support male reproductive health.\*

DIM Palmetto Prostate Formula includes a stable, bioavailable form of DIM, made possible through a proprietary delivery system, that is co-solubilized with phosphatidylcholine, and microencapsulated in starch particles. Xenoestrogenic compounds, 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 $\alpha$ -OHE1) to the safer and weaker estrogenic 2-hydroxyestrone (2-OHE1).\* DIM can promote increased levels of the protective hydroxylated estrogen 2-OHE1.\*

### Key Features

- Supplies nutrients important for the function of the prostate gland\*
- May help regulate the effect of endogenous hormones on the prostate gland\*
- Helps promote the conversion of estrogen to its beneficial, protective 2-hydroxyestrone metabolites and reduces production of genotoxic 16 $\alpha$ -hydroxyestrone\*
- Stimulates detoxification enzyme systems\*



Item #74190  
60 softgels

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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.\*



**Zinc** is necessary for the functioning of over 300 enzymes, playing a crucial role in many biological processes. The epithelial cells of the prostate gland accumulate higher zinc levels than any soft tissue in the male body, and zinc is necessary for the development of sperm.\* Research suggests that zinc may support prostate health through its participation in the regulation of 5-alpha-reductase.\* Zinc is also involved in the proper metabolism of unsaturated fatty acids.\*



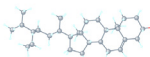
Until 1936, **pumpkin seeds** were listed in the United States Pharmacopoeia.\* In recent decades, pumpkin seed oil has been utilized for prostate support, often used in conjunction with saw palmetto berry extract, and human and animal studies show pumpkin seed oil may also support the function of the bladder and urethra.\* Active ingredients include the essential fatty acids linoleic acid and oleic acid, tocopherols, amino acids, minerals, phytosterols, porphyrins and carotenoids including lutein.



We use a carbon dioxide supercritical solvent-free fluid extract of **saw palmetto**, which contains important essential fatty acids and phytosterols. Studies show that saw palmetto can reduce binding of dihydrotestosterone (DHT) in the prostate through inhibition of nuclear receptors.\* It also potentially inhibits the action of 5-alpha-reductase, the enzyme needed for the conversion of testosterone into DHT.\* Clinical trials have demonstrated that saw palmetto berry extract may support prostate health, while also showing no evidence that it interferes with measurement of serum prostate specific antigen (PSA), a marker used in monitoring the health of the prostate gland.\* There is also evidence that saw palmetto can play a role in healthy estrogen metabolism.\*



**Stinging Nettle** root has been studied extensively regarding its detoxifying qualities and its support of prostate function.\* It has potential to beneficially help regulate the effect of endogenous hormones, such as testosterone, dihydrotestosterone and estrogen, on the prostate gland.\* Nettle root contains scopoletin, sterols, fatty acids, polysaccharides and lectins.



**Beta-sitosterol** is a sterol, a plant fat ("phytosterol") that closely resembles cholesterol. Phytosterols have been studied for decades and much is known about them. Beta-sitosterol has been widely researched and shown to support immunity, healthy cholesterol within normal levels and blood sugar within normal levels.\* Three double-blind clinical trials of beta-sitosterol have demonstrated it has potential support for healthy prostate function.\*



**Lycopene** is a pigment that gives plants such as tomatoes, guava, watermelon and pink grapefruit their red hue. As an antioxidant carotenoid, it has been found to have protective effects for the vascular system and the eyes.\* Recent studies show that supplemental lycopene may support prostate function.\*

## References:

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## Supplement Facts

Serving Size	2 Softgels
Servings Per Container	30
Amount Per Serving	
Calories	10
Calories from Fat	10
% Daily Value*	
Total Fat	1 g 2%
Zinc (as Zinc Citrate Dihydrate)	10 mg 91%
Pumpkin Seed Oil	893 mg †
Saw Palmetto (Berry) Extract (Standardized to 85% - 95% Fatty Acids)	320 mg †
BioResponse DIM® (A proprietary Diindolylmethane complex - starch, DIM (25% min.), vitamin E (as tocophersolan), phosphatidylcholine (sunflower), silica)	300 mg †
Stinging Nettle (Root) Extract 7:1	300 mg †
Beta-Sitosterol	120 mg †
Lycopene	15 mg †

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water, yellow beeswax, caramel color, sunflower lecithin.

**Suggested Use:** As a dietary supplement, 2 softgels daily with food, or as directed by a healthcare practitioner.

**Caution:** Do not use this product if you are pregnant, lactating, or using birth control pills. Persons taking prescription medications should consult a healthcare professional before use. Harmless changes in urine color may occur. Keep out of reach of children.

BioResponse DIM® is a proprietary, enhanced bioavailability complex containing diindolylmethane licensed from BioResponse, L.L.C., Boulder, Colorado.\*