DIM®

Enhanced Delivery System

Item # 74140
120 Vegetarian Capsules

The Possible Benefits of DIM®, a Dietary Supplement

- Promotes healthy estrogen metabolism and balance*
- Helps promote the conversion of estrogen to its beneficial, protective 2-hydroxyestrone metabolites and reduces production of genotoxic 16α-hydroxyestrone*
- 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.*

DIM® Enhanced Delivery System 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.* The phytochemicals in cruciferous vegetables have been shown to beneficially affect the body's hormonal and detoxification systems, and epidemiological studies support 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.* 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 micro-encapsulated in starch particles.

Research over the past thirty years has determined that healthy estrogen metabolism is closely linked to several healthy parameters in men and women, particularly some 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, such as organochlorine pesticides, can also significantly disrupt healthy estrogen metabolism.

These estrogen disruptors alter estradiol hydroxylation metabolism producing a higher ratio of the genotoxic 16α-hydroxyestrone (16α-OHE1) to the safer and weaker estrogenic 2-hydroxyestrone (2-OHE1).* The genotoxic 16α-OHE1 can potentially disrupt several normal cellular metabolic processes.* DIM® promotes the conversion of estrogen to its beneficial, protective 2-hydroxyestrone metabolites and reduces production of genotoxic 16α-OHE1.* Modulating these

aspects of estrogen metabolism, particularly the production of 16α-OHE1, may contribute to healthy aging.*

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 (AhR).* Research using human breast cells (MCF-7) has shown that the binding of DIM® to the arylhydrocarbon receptor can result 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.* Some have suggested that DIM® may also positively affect cellular signaling pathways.*

It is becoming increasingly apparent that DIM® may provide an important mechanism for supporting successful aging despite the increasing levels of xenoestrogenic compounds in our modern world.*

Serving Size: 4 Capsules
Servings Per Container: 30

Amount Per Serving:

BioResponse DIM™ (A patented diindolylmethane complex: starch, DIM (25% min.), Vitamin E succinate, phosphatidylcholine (soy), silica)	300 mg

Other ingredients: Hydroxypropyl methylcellulose, cellulose, L-leucine.

Suggested Use: As a dietary supplement, 2 to 4 capsules one or two times daily , or as directed by a healthcare practitioner.

References

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