

SUGGESTED USE: 1 to 2 capsules daily with food or as directed by your health care professional.

This product contains a mixture of two important dietary indoles and their associated breakdown products for broad-spectrum action.

Do not use if full-bottle shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light. Keep out of reach of children.

This product was made in a GMP and ISO 9001:2008 registered facility.

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P H Y S I C I A N F O R M U L A T E D



Seeking Health®

DIM + I3C

Healthy Estrogen Support

Dietary Supplement

60 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

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: Vegetarian capsule (hydroxypropyl methylcellulose, water), silicon dioxide, cellulose, and L-leucine.

DOES NOT CONTAIN: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn, yeast, and soybeans. Contains no artificial colors, flavors, or preservatives.