

General Health

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

Indole-3-Carbinol (I3C)	200 mg*
Flax Seed Lignan Extract (<i>Linum usitatissimum</i>) (Seed Coat)	200 mg*

* Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Rice Bran, Silicon Dioxide and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.
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Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

*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.



Indole-3-Carbinol

I3C - 200 mg

Supports Cellular Health*

- With Flax Lignan Extract
- Detoxification Support*

60 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Suggested Usage: Take 1 capsule 1 to 2 times daily with food.

Cruciferous vegetables (cabbage, broccoli, cauliflower, etc.) are uniquely abundant in a sulfur-containing compound called indole-3-carbinol (I3C). In the acidic stomach environment, I3C is readily converted into DIM (diindolylmethane) plus a full spectrum of additional compounds shown to neutralize free radicals and promote proper detoxification.* Studies have shown that I3C supplementation can help maintain the health of the breast and other reproductive organs.*

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. This product may cause digestive upset in some sensitive individuals. If you experience any gastrointestinal discomfort after using this product, reduce dosage or discontinue use. Keep out of reach of children.

Natural color variation may occur in this product.

CODE 3056B
V9

