

Meta I 3 C® is designed to promote healthy estrogen metabolism and balance by featuring Indole-3-carbinol (I3C), a nature-identical version of the compound found in cruciferous vegetables such as broccoli, Brussels sprouts, and cabbage. Through its ability to promote the breakdown of estrogen to its beneficial, protective metabolite—2-hydroxyestrone—Indole-3-carbinol may be a safe and effective way to help achieve beneficial balance in estrogen metabolism.*

Directions: Take one capsule twice daily with food or as directed by your healthcare practitioner.

This product is gluten-free and vegetarian.

Caution: Not recommended for pregnant or nursing women. If taking medication, consult your healthcare practitioner before use. Keep out of the reach of children.



 **Metagenics®**

Meta I 3 C®

Stabilized Indole-3-Carbinol

**DIETARY
SUPPLEMENT**

60 CAPSULES

PRACTITIONER EXCLUSIVE

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 60

Amount Per Serving

Indole-3-Carbinol	150 mg*
Rosemary (<i>Rosmarinus officinalis</i>) Leaf Extract [standardized to 7.6% min sum of carnosol+carnosic acid]	50 mg*

*Daily Value not established.

Other Ingredients: Capsule (hydroxypropylmethylcellulose), maltodextrin, magnesium stearate (vegetable), and silica.

***This statement has 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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