

SUGGESTED USE: 1 capsule, 1 to 2 times daily or as directed by a healthcare professional.

Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if shrinkwrap is broken or missing.

STORAGE: Store in a cool, dry place below 85°F away from direct light. Do not freeze. Keep out of reach of children.

This product contains a mixture of two important dietary indoles, indole-3-carbinol (I3C) and diindolylmethane (DIM). Since I3C undergoes biochemical transformation to related indole metabolites, broad-spectrum indoles may be present upon ingestion.

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

DIM + I3C meets or exceeds cGMP Quality Standards.



T A R G E T E D S U P P O R T



SeekingHealth®

DIM + I3C

Healthy Estrogen Support

Dietary Supplement

60 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 60

Amount Per Capsule	% Daily Value	
Total Dietary Indoles	400 mg	*
Proprietary blend containing indole-3-carbinol and diindolylmethane		

*Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), microcrystalline cellulose, ascorbyl palmitate, and silicon dioxide.

Manufactured for and Distributed by:

Seeking Health, LLC
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