

RECOMMENDATION: Women take 2 capsules daily with food. **Men** take 2 capsules twice daily with food. **For Intensive Use (Women/Men):** take up to double the recommended dose.

WARNING: Do not use if pregnant, nursing, or attempting to become pregnant. A harmless but noticeable change in urine color may occur during usage. If taking any medications, consult a healthcare professional before use.

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing. Store in a cool, dry place. Keep bottle tightly closed.

◆ LN14810.A05 BLK8009A

©2018 Nature's Way Brands, LLC
Green Bay, WI 54311 USA

Questions? 1-800-9NATURE / naturesway.com
Indoplex® and BR-DIM® are registered trademarks of and are licensed from BioResponse, L.L.C., Boulder, CO.

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Estrogen Metabolism*

Enhanced Absorption*

60 VEGETARIAN CAPSULES
Dietary Supplement

Supplement Facts

Serving Size 2 Capsules / Servings per Container 30

Amount per Serving	% DV
Indoplex® Diindolylmethane (BR-DIM®) Complex	100 mg**
Protectamins® Vegetable Blend (spinach, broccoli, cabbage)	100 mg**

**Daily Value (DV) not established.

Other ingredients: cellulose, plant-derived capsule (hypromellose, titanium dioxide color), modified food starch, tocophersolan, phosphatidylcholine, silica



LBN14810.A06

BLK8009A

DIM-plus™ Benefits

DIM-plus contains diindolylmethane, a phytonutrient found in cruciferous vegetables including broccoli, Brussels sprouts, cabbage, cauliflower and kale.

Diindolylmethane has unique benefits that support the activity of enzymes that improve estrogen metabolism.*

Research shows diindolylmethane increases the level of "favorable" estrogens (2-hydroxyestrogen) while reducing the level of "less favorable" estrogens (16-hydroxyestrogen).*



Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing. Store in a cool, dry place. Keep bottle tightly closed.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DIM-plus™ Difference

Contains Indoplex® BR-DIM® Complex—an enhanced bioavailability delivery system for diindolylmethane.

Enhanced Absorption

The bioavailability of DIM-plus is superior to regular diindolylmethane and its unstable precursor, indole-3-carbinol (I3C). With DIM-plus you are assured a stabilized and consistent dose of diindolylmethane.

Protectamins® Vegetables

DIM-plus also contains spinach, cabbage and broccoli for additional phytonutrients.



GLUTEN FREE. No sugar, salt, wheat, yeast, dairy products, artificial flavors, or preservatives.

Indoplex® and BR-DIM® are registered trademarks of and are licensed from BioResponse, L.L.C., Boulder, CO.



Estrogen Metabolism*

Enhanced Absorption*

60 VEGETARIAN CAPSULES
Dietary Supplement

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

RECOMMENDATION: Women take 2 capsules daily with food. **Men** take 2 capsules twice daily with food. **For Intensive Use (Women/Men):** take up to double the recommended dose.

WARNING: Do not use if pregnant, nursing, or attempting to become pregnant. A harmless but noticeable change in urine color may occur during usage. If taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 2 Capsules
Servings per Container 30

Amount per Serving	% DV
Indoplex® Diindolylmethane (BR-DIM®) Complex	100 mg**
Protectamins® Vegetable Blend (spinach, broccoli, cabbage)	100 mg**

**Daily Value (DV) not established.

Other ingredients: cellulose, plant-derived capsule (hypromellose, titanium dioxide color), modified food starch, tocophersolan, phosphatidylcholine, silica

©2018 Nature's Way Brands, LLC
Green Bay, WI 54311 USA

Questions? 1-800-9NATURE / naturesway.com

White Vegetarian Capsule

Color protects BR-DIM® from light