

**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.** Safely sealed with printed inner seal. Do not use if seal is broken or missing. Store in a cool, dry place. Keep bottle tightly closed.

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Green Bay, WI 54311 USA

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

◆ L N14850.A05 BLK8009A

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.



**DIM-plus™**  
Diindolylmethane

**Estrogen Metabolism\***

Enhanced Absorption\*

**120 VEGETARIAN CAPSULES**  
Dietary Supplement

## Supplement Facts

Serving Size 2 Capsules / Servings per Container 60

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

\*\*Daily Value (DV) not established.

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



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**White Vegetarian Capsule**  
Color protects BR-DIM® from light



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## 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).\*



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## 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.

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