

DIM-complex contains diindolylmethane, a phytonutrient found in cruciferous vegetables including broccoli, brussels sprouts, cabbage, cauliflower and kale. Unlike other plant nutrients such as soy isoflavones, diindolylmethane has unique hormonal benefits. It supports the activity of enzymes that improve estrogen metabolism that are correlated with healthy breast, endometrial, and cervical tissues. Scientific research shows diindolylmethane increases the level of "favorable" estrogens (2-hydroxy-estrogen) while reducing the level of "less favorable" estrogens (16-hydroxyestrogen).\*

**CAUTION:** For adults only, if you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

**Keep out of the reach of children.**  
**Do not use if safety seal is broken or missing.**  
**Keep in cool, dry place.**

\*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.



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**NOVA**<sup>®</sup>  
NUTRITIONS

# DIM Complex

Supports Healthy Metabolism,  
Excretion of Estrogens,  
Healthy Prostate & Breast Tissues\*

100 mg

120 Capsules

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Capsule

Serving Per Container: 120

	Amount Per Serving	% Daily Value
Vitamin E (As Vitamin E Succinate)	33.5 mg (50 IU)	223% †
Diindolylmethane (DIM)	100 mg	**
Phosphatidyl Choline 20%	25 mg	**
Black Pepper Fruit Extract	3 mg	**

\*\* Daily Value not established.

† Percent Daily Values are based on a 2,000 calorie diet.

**OTHER INGREDIENTS:** Gelatin, Silica, Cellulose, Vegetable Stearate.

**SUGGESTED USE:** As a dietary supplement, take one (1) to four (4) capsules daily, preferably with meals, or as directed by your qualified healthcare professional.

**FREE OF:** Artificial Color, Preservatives, Sugar, Starch, Milk, Corn, Gluten, Wheat, Yeast, Fish.

Manufactured for Nova Nutritions,  
Scotch Plains, New Jersey 07076

[www.novanutritions.com](http://www.novanutritions.com)

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Exp:

