

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.



TARGETED SUPPORT



Seeking Health®

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
3140 Mercer Ave.
Bellingham, WA 98225
(800) 547-9812

Find Other Effective Health Products At:
www.SeekHealth.com

INDV180726.12

54174-IND