

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).\*

**No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Corn, No Soy, No Egg, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.**

**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.

**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.*

 **MADE IN USA**



# DIM-Complex

**Premium Formula**

**100 mg**

**3rd Party Lab Tested**



**120 CAPSULES** **DIETARY SUPPLEMENT**

## Supplement Facts

Serving size: 1 capsule  
 Servings per container: 120

	Amount per serving	%DV*
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 \*\* Daily Value not established.

**Other Ingredients:** Gelatin, silica, cellulose, vegetable stearate.

**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.

Manufactured for Best Naturals,  
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For additional information call 1-877-659-6004

Lot#

Exp#

