

Meta I 3 C® is designed to promote healthy estrogen metabolism and balance by featuring indole-3-carbinol (I3C), a naturally occurring compound found in cruciferous vegetables such as broccoli, Brussels sprouts, and cabbage. Through its ability to promote the breakdown of estrogen to its beneficial, protective metabolite—2-hydroxyestrone—indole-3-carbinol may be a safe and effective way to help achieve beneficial balance in estrogen metabolism.

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.

DIRECTIONS: Take one capsule twice daily with food or as directed by your healthcare practitioner.

CAUTION: Not recommended for pregnant or nursing women. If taking medication, consult your healthcare practitioner before use. Keep out of the reach of children.

Formulated to Exclude: Wheat, gluten, animal or dairy products, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and preservatives.



Meta I 3 C®

Stabilized Indole-3-Carbinol

Herbal Supplement • Vegetarian

180 CAPSULES

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 180

Amount Per Serving	
Indole-3-Carbinol	150 mg*
Rosemary (<i>Rosmarinus officinalis</i>) Leaf Extract [standardized to 11% (5.5 mg) carnosic acid derivatives]	50 mg*

*Daily Value not established.

Other Ingredients: Hydroxypropylmethylcellulose, maltodextrin, magnesium stearate, and silica.

Manufactured and Distributed by: METAGENICS, INC.
- Makers of Professional Quality Supplements
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