

CODE 3056B

V5

Made in the USA



Indole-3-Carbinol

SUPPORTS CELLULAR HEALTH

I3C - 200 mg

- With Flax Lignans
 - Detoxification Support*
- 60 Veg Capsules**

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving	
Indole-3-Carbinol (I3C)	200 mg*
LinumLife® Complex (Flax Seed Lignan Extract) (<i>Linum usitatissimum</i>) (Seed Coat) (5 mg Lignans)	200 mg*

* Daily Value not established.

Other ingredients: Cellulose (capsule), Rice Bran, Silica and Magnesium Stearate (vegetable source).

Formulated & Distributed by NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

For more product information visit www.nowfoods.com/3056

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

LinumLife® is a registered trademark of Frutarom Netherlands B.V. or its affiliates.

Store in a cool, dry place after opening. Please Recycle.

*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.

SUGGESTED USAGE: As a dietary supplement, take 1 capsule 1 to 3 times daily, preferably with food. Consider taking these other NOW® products, AHC® and Immune Renew™, Cruciferous vegetables (cabbage, broccoli, cauliflower, etc.) are uniquely abundant in a sulfur-containing compound called Indole-3-Carbinol (I3C). In the acidic stomach environment, I3C is converted into derivative compounds shown to neutralize free radicals, promote proper detoxification, and support healthy cell cycle regulation. DIM (diindolymethane) is a well-known I3C derivative. In addition, studies have shown that I3C supplementation can help maintain a healthy endocrine response in both men and women, thereby supporting the health of the breast, prostate, and other reproductive organs. Although I3C is normally very unstable, NOW® Indole-3-Carbinol is packaged and laboratory tested to ensure potency during its shelf life.

Caution: For adults only. Not for pregnant/nursing women. Consult physician if taking medication or have a medical condition. Keep out of reach of children.

Do Not Eat Freshness Packet. Keep in Bottle.