

**WARNING:** Do not use if you are pregnant, nursing, or attempting to become pregnant. If you have a hormone-sensitive condition, medical condition, or if you are taking any medications, consult a healthcare professional before use. A harmless but noticeable change in urine color may occur during use of this product.

**Keep out of reach of children.** Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

Indoplex® and BR-DIM® is a proprietary, enhanced bioavailability complex containing Diindolylmethane licensed from BioResponse, LLC., Boulder, CO.

**GLUTEN FREE.** No salt, wheat, dairy, or artificial flavors.

◆ LN14850.B01 BLK8009B

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Green Bay, WI 54311 USA

Bottled and tested in the USA

Questions? 1-800-9NATURE / naturesway.com



\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



# DIM-plus™

Diindolylmethane

## Estrogen Metabolism\*

Enhanced Absorption

**120 VEGAN CAPSULES**  
**Dietary Supplement**

## DIM-plus™ Benefits

DIM-plus contains diindolylmethane, a phytonutrient found in cruciferous vegetables including broccoli, Brussels sprouts, cabbage, cauliflower, and kale.

Diindolylmethane has unique benefits that support the activity of enzymes that improve estrogen metabolism.\*

**Research shows diindolylmethane increases the level of "favorable" estrogens** (2-hydroxyestrogen) while reducing the level of "less favorable" estrogens (16-hydroxyestrogen).\*



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## DIM-plus™ Difference

Contains Indoplex® BR-DIM® Complex- an enhanced bioavailability delivery system for diindolylmethane.

### Enhanced Absorption

The bioavailability of DIM-plus is superior to regular diindolylmethane and its unstable precursor, indole-3-carbinol (I3C). With DIM-plus you are assured a stabilized and consistent dose of diindolylmethane.

### Protectamins® Vegetables

DIM-plus also contains spinach, cabbage, and broccoli for additional phytonutrients.



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## Supplement Facts

Serving Size 2 Capsules / Servings per Container 60

| Amount per Serving                                        | % DV**    |
|-----------------------------------------------------------|-----------|
| Indoplex® Diindolylmethane (BR-DIM®) Complex              | 100 mg ** |
| Protectamins® Vegetable Blend: Spinach, Broccoli, Cabbage | 100 mg ** |

\*\*Daily Value (DV) not established.

Other ingredients: cellulose, plant-derived capsule (hypromellose), modified food starch, tocophersolan, phosphatidylcholine, silica

**RECOMMENDATION: Women** take 2 capsules daily with food. **Men** take 2 capsules twice daily with food. **For intensive use (Women & Men):** Take up to double the recommended dose. Not formulated for children under 18 years of age. Take only as directed. Do not exceed recommended dose.

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