



Manufactured by:  
**Douglas Laboratories**  
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This product contains NO yeast, wheat, gluten, soy, milk/dairy, corn, sodium, sugar, starch, artificial preservatives, artificial flavoring, or genetically modified organisms (GMOs).

**Suggested Usage:** As a dietary supplement, adults take 1 capsule daily or as directed by your healthcare professional.

KEEP OUT OF REACH OF CHILDREN.  
For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #201209

# Ultra I-3-C

A Dietary Supplement



60 Vegetarian Capsules

## Supplement Facts

Serving Size 1 Vegetarian Capsule  
Servings Per Container 60

| Amount Per Serving                                                                                           | %DV      |
|--------------------------------------------------------------------------------------------------------------|----------|
| Indole-3-Carbinol.....                                                                                       | 200 mg * |
| Proprietary Blend.....                                                                                       | 100 mg * |
| Standardized broccoli extract<br>(sprouts), Cauliflower (entire plant)<br>and Brussel sprout (entire plant). |          |

\*Daily Value not established.

Other ingredients: hydroxypropyl methylcellulose (capsule), cellulose and vegetable stearate