

Suggested Usage: Take 1 capsule 1 to 3 times daily with food.

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 readily converted into DIM (diindolylmethane) plus a full spectrum of additional compounds shown to neutralize free radicals and promote proper detoxification.* Studies have shown that I3C supplementation can help maintain the health of the breast and other reproductive organs.* Until recently, because of the typical instability of I3C, isolated DIM was the best substitute available, but NOW® Indole-3-Carbinol packaging ensures stability and potency during its shelf life.

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

CODE 3056B

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Indole-3-Carbinol

I3C - 200 mg

Supports Cellular Health*

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

A Dietary Supplement Vegetarian/Vegan



General Health

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

Indole-3-Carbinol (I3C)	200 mg*
LinumLife® Complex (Flax Seed Lignan Extract) (Linum usitatissimum) (Seed Coat) (5 mg Lignans)	200 mg*

* Daily Value not established.

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

NOW FOODS, 395 S. Glen Ellyn Rd.
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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.

Do Not Eat Freshness Packet. Keep in Bottle.

Natural color variation may occur in this product.

