

Suggested Usage: Take 1 capsule 1 to 2 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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. This product may cause digestive upset in some sensitive individuals. If you experience any gastrointestinal discomfort after using this product, reduce dosage or discontinue use. Keep out of reach of children.

Do Not Eat Freshness Packet.
Keep in Bottle.



CODE 3056B

V8



Indole-3-Carbinol

I3C - 200 mg

Supports Cellular Health*

- With Flax Lignan Extract
- 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*
Flax Seed Lignan Extract (<i>Linum usitatissimum</i>) (Seed Coat)	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.
Bloomington, IL 60108, USA nowfoods.com

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.

*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.