

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.

CAUTION: Do not use if pregnant, nursing or attempting to become pregnant. A harmless but noticeable change in urine color may occur during usage. If taking any medications, consult a healthcare professional before use. Store in a cool, dry place. **Keep out of reach of children.**

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Green Bay, WI 54311 USA

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

◆ LN14850.A04 BLK8009A

BioResponse-DIM® and DIM® are trademarks of BioResponse, LLC. BioResponse-DIM® is a patented, enhanced bioavailability, oral delivery system for diindolylmethane (U.S. patent #6,086,915).

*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Nature's Way
DIM-plus™
Diindolylmethane

Estrogen Metabolism*

Enhanced Absorption

120 VEGETARIAN CAPSULES
Dietary Supplement

Supplement Facts

Serving Size 2 Capsules / Servings per Container 60

Amount per Serving	% DV
Vitamin E (as Tocopherols from BioResponse-DIM®)	9 IU 30%
BioResponse-DIM® Complex (patented, enhanced bioavailability complex containing modified food starch, 25% diindolylmethane (25 mg), Tocopherols, phosphatidylcholine, silica)	100 mg **
Protectamins® Vegetable Blend (spinach powder, broccoli powder, cabbage powder)	100 mg **

**Daily Value (DV) not established.

Other ingredients: cellulose, plant-derived capsule (hypromellose, titanium dioxide color)

Contains soy.

White Vegetarian Capsule
Color protects DIM® from light

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).*



Keep out of reach of children. Safety sealed with patented outer shrink-wrap and inner seal. Do not use if either seal is broken or missing. Store in a cool, dry place. Keep bottle tightly closed.

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DIM-plus™ Difference

Patented Complex

Contains patented BioResponse-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.



GLUTEN FREE. No sugar, salt, wheat, yeast, dairy products, artificial flavors or preservatives.

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