

The bioactive plant substance indole-3-carbinol (I3C[®]) can positively influence oestrogen metabolism, counteract inflammation and promote normal cell growth.

Basics:

Indole-3-carbinol belongs to the group of indoles. This is a compound found in a number of cruciferous vegetables such as kale, broccoli, cabbage and Brussels sprouts. However, this substance is only formed when the plant leaves are cut or when the plant cells are otherwise damaged. This is a type of universal cell protection that has been shown to effectively neutralise those substances that attack healthy cells. For this reason, it can be helpful in supporting normal cell growth. As a result of this neutralisation, indole-3-carbinol is also helpful in counteracting harmful inflammation in the body. It may also help to promote the production of glutathione by liver cells. Glutathione is one of the body's strongest protective molecules.

In the acidic environment of the stomach, diindolylmethane (DIM) is formed from indole-3-carbinol. It has been shown that DIM can have a positive effect on oestrogen metabolism, as it can lead to an increase in 2-hydroxyestradiol production. The right balance between the different oestrogen metabolites is important for normal oestrogen metabolism. Normal oestrogen metabolism is especially desirable during the menopause in women. At the same time, indole-3-carbinol can prevent the occurrence of uncontrolled cell growth and alleviate any oestrogen dominance in men.

If the absorption of indole-3-carbinol through the diet is not sufficient or there is an increased need, this nutrient can be supplemented through special food supplements.

Ingredients:

One capsule (clear) contains:

200 mg Indole-3-carbinol (I3C[®])

Other ingredients:

Rice Flour, Magnesium Stearate. The product is vegan, vegetarian, gluten-free, lactose-free, not genetically modified.

Capsule shell vegan.

Recommended consumption:

In normal cases take 1-2 capsules a day with plenty of fluid.

Notes:

Food supplements are not intended as a substitute for a balanced and varied diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of the reach of children. Store protected from light and dry at room temperature.

The published information is not a cure and is not intended as a request or suggestion for selfmedication.

Although some of the above statements on individual micronutrients are derived from scientific studies, they have been categorised as "not yet sufficiently proven" by official authorities such as the European Food Safety Authority (EFSA), meaning that no positive effect can be confirmed.

The product described here has not been conclusively evaluated by the Food and Drug Administration (FDA; USA) or the European Food Safety Authority (EFSA; Europe). This product is not intended to diagnose, treat, cure or prevent any disease.

Errors and typographical errors excepted. VBX-1-24

Manufacturer



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