

Balance DIM

Highly absorbable DIM for healthy estrogen balance

Balance DIM provides 100 mg of DIM (Diindolylmethane) - a type of compound known as a 'plant indole.' Plant indoles are found in cruciferous vegetables such as broccoli, cabbage and cauliflower and are among the nutrients that give these vegetables their well-known healthful properties.

The primary plant indole found in cruciferous vegetables is known as Indole 3 Carbinol (I3C), which converts to DIM in the body. I3C and DIM have been studied for their health-promoting benefits when used as supplements. While both may help support healthy estrogen metabolism, DIM may be a better option as it does not produce the unwanted side effects of I3C (including possible nausea and equilibrium issues).

How Does Balance DIM Offer Superior Absorption?

DIM is made up of a crystalline structure that makes it difficult for the body to absorb. To overcome this hurdle, Balance DIM is manufactured using an all-natural process that helps to optimize the absorption of this nutrient by the body. This delivery technology increases the absorption rate and reduces the absorption time for DIM, and as a result, it may allow for superior effects through lower dosages.

DIM and Hormone Balance

Both women and men produce many different forms of estrogen. Research suggests that the ratio of two specific forms – 2 hydroxy estrogen and 16 hydroxy estrogen – is important for optimal health. DIM helps support a more optimal balance of these two estrogens, thereby providing a protective effect on the body. DIM also acts as an 'aromatase inhibitor' – meaning it can block some testosterone from converting to estrogen, making more testosterone available in the body. This could have a positive influence on sexual desire and athletic performance in both men and women.

Benefits of Balance DIM

- Helps maintain beneficial ratio of 2 hydroxy estrogen to 16 hydroxy estrogen (also known as a higher '2/16 ratio')
- Supports healthy balance of testosterone and estrogen
- Provides antioxidant properties. DIM has been shown to help protect cells in the body from the damaging effects of oxidation.
- Has none of the side effects associated with I3C
- Specifically formulated for maximum absorption and bioavailability during pregnancy

Recommended Use:

As a dietary supplement, take one softgel per day with a meal, or as directed by your health care practitioner.

*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.



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