



DIM

- Helps Promote Healthy Estrogen Metabolism*
- Backed By Clinical Research*

DIINDOLYLMETHANE



Diindolymethane, also known as DIM, is a plant-derived compound found in cruciferous vegetables like kale, broccoli, and brussel sprouts. DIM restores a healthy hormone balance by adjusting the balance of bad estrogens to good estrogens. DIM may also help promote healthy digestion and weight management, making it a popular choice for those looking to support their health and wellness goals.

In addition, DIM is also a powerful antioxidant. This means it may help to protect against oxidative stress. By supporting a healthy immune system, DIM may help to keep you feeling your best. Many people turn to DIM supplements as a natural way to support their overall health and well-being.

Supplement Facts

Serving Size	2 Capsules
Servings Per Container	30
Amount Per Serving	% DV
3,3'-Diindolymethane	200 mg †

† Daily Value (DV) not established.

Other Ingredients: Hypromellose (Capsule), Microcrystalline Cellulose, Magnesium stearate.

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