

# DIM

## Promotes Healthy Estrogen Metabolism



**D**IM (diindolylmethane) is a compound produced in our bodies from cruciferous vegetables such as broccoli, Brussels sprouts, cauliflower and cabbage. DIM is a natural metabolite—a product of metabolism—formed when these vegetables are chewed or chopped.

DIM belongs to a class of compounds called indoles. Indoles are unique because

they support the formation of so-called "good" estrogen—estrogen that is correlated with healthy breast, endometrial, and cervical tissues—according to animal and in vitro studies.

Scientific research now makes it possible to develop a DIM supplement that is highly absorbable by the human body. And Source Naturals, the science company, is one of the first to make this breakthrough plant nutrient available to consumers.



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## Health-Promoting Vegetables

Diets high in cruciferous vegetables such as broccoli and cabbage have been shown in research studies to support the health of various organs and body systems: kidney and blood cells, thyroid tissue, white blood cells in women, the colon, pancreas and stomach. A recent study shows that a diet including at least three servings of cruciferous vegetables per week supports healthy prostate tissue.

Recent research explains one of the reasons cruciferous vegetables are so healthful: they are a source of unique compounds called indoles. DIM (diindolylmethane) is one of these health-promoting indoles.

### DIM and "Good" Estrogen

One important effect of ingesting indoles is that they cause a shift in the metabolism of estrogen, an important sex hormone in both men and women that also plays a role in bone building and neurological functioning. Two important forms of estrogen formed by competing pathways are 2-hydroxyestrone, sometimes referred to as "good estrogen," and 16 $\alpha$ -hydroxyestrone, sometimes referred to as "bad estrogen." Many human studies over the past 20 years correlate lower levels

of 16 $\alpha$ -hydroxyestrone with breast, endometrial and cervical health.

DIM has been shown to promote a lower ratio of 16 $\alpha$ -hydroxyestrogens to 2-hydroxyestrogens, and to promote healthy colon and breast tissue in vitro. It has also been shown to protect cells from the effects of environmental chemicals, such as those generated by automobile exhaust and cigarette smoke, according to animal and in vitro studies.

### Supporting Nutrients Enhance Absorption

Taken alone, DIM is poorly absorbed by our bodies. Source Naturals has added nutrients that may make DIM more bioavailable: phosphatidyl choline, vitamin E and BioPerine®.

### Your Source for Advanced Nutrition

DIM is the latest in Source Naturals' wide selection of supplements on the cutting edge of nutritional science. These formulations feature groundbreaking nutrients, clinically substantiated potency levels, bio-available forms, effective delivery systems and cofactors that facilitate the action of key ingredients.

Source Naturals DIM is available in 100 mg tablets.



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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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