

# 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).\*



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

# 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 concentrated broccoli for additional phytonutrients.



**Keep out of reach of children.** Safety sealed with printed outer shrinkwrap over bottle cap and inner seal under cap. Do not use if either seal is broken or missing. Store in a cool, dry place. Keep bottle tightly closed.

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).



# DIM-plus™

Diindolylmethane

## Estrogen Metabolism\*

- Enhanced Absorption
- Patented Complex

**120 VEGETARIAN CAPSULES**  
Dietary Supplement

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**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 or nursing. A harmless but noticeable change in urine color may occur during usage. If taking any medications, consult a healthcare professional before use.

## Supplement Facts

Serving Size 2 Capsules / Servings per Container 60

Amount Per Serving	% DV
Vitamin E (as d-alpha tocopheryl succinate from BioResponse-DIM®)	9 IU 30%
BioResponse-DIM® Complex (patented, enhanced bioavailability complex containing 25% diindolylmethane [25 mg]), starch, Vitamin E, phosphatidylcholine (soy), silica	100 mg **
Protectamins® Vegetable Blend (spinach powder, cabbage powder, concentrated broccoli powder)	100 mg **

\*\*Daily Value (DV) not established.

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

Contains soy

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

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



**White Vegetarian Capsule**  
Color protects DIM® from light