



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# Indole-3-Carbinol

## What Is It?

Indole-3-Carbinol (I3C) is a phytochemical naturally occurring in cruciferous vegetables. Once ingested, stomach acid converts I3C to various active metabolites including diindolylmethane (DIM), which are absorbed into the bloodstream.\*

## Uses For Indole-3-Carbinol

**Promotes Breast, Cervical and Prostate Cell Health:** Indole-3-carbinol has been shown to promote healthy phase I cytochrome P450 detoxification enzymes and phase II detoxification enzymes such as glutathione S-transferase (GST). This enhances the liver's ability to process and eliminate harmful compounds. It has also been reported to act as a scavenger of free radicals. Additionally, indole-3-carbinol is believed to have other mechanisms contributing to healthy cellular support.\*

## What Is The Source?

In nature, indole-3-carbinol can be found in cruciferous vegetables such as broccoli, brussels sprouts, cabbage, bok choy, cauliflower, and kale. Indole-3-Carbinol in supplement form is synthetically produced. Hypo-allergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations recommends taking between 200 mg and 800 mg indole-3-carbinol per day, in divided doses, with meals. This formula requires refrigeration.

## Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. I3C should also be avoided by those sensitive to cruciferous vegetables.

## Are There Any Potential Drug Interactions?

The conversion of I3C to its active metabolites requires stomach acid. Therefore, antacids, H2 blockers, and proton-pump inhibitors may impede its effectiveness.

### Indole-3-Carbinol 400 mg.

#### each vegetable capsule contains



indole-3-carbinol .....400 mg.  
(hypo-allergenic plant fiber added to complete capsule volume requirement)

*This formula requires refrigeration.*

*Not to be taken by pregnant or lactating women.*

1-2 capsules per day, in divided doses, with meals.

### Indole-3-Carbinol 200 mg.

#### each vegetable capsule contains



indole-3-carbinol .....200 mg.  
(hypo-allergenic plant fiber added to complete capsule volume requirement)

*This formula requires refrigeration.*

*Not to be taken by pregnant or lactating women.*

1-4 capsules per day, in divided doses, with meals.

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

For educational purposes only. Consult your physician for any health problems.