



EARTH LABS

# INDOLE C-3

A DIETARY SUPPLEMENT

A dietary supplement to support hormonal balance in men and women.\*

- **Indole C-3** is a blend of DIM® combined with Vitamin D3, Vitamin E, Calcium D-Glucarate, Indol-3-Carbinol, Green Tea Extract, HMRLignan™, and Trans-Resveratrol.
- **Indole C-3** is a state of the art formula that supports hormone balance and cellular health in both men and women.\*
- **Indole C-3 supports:**
  - Hormone balance in both men and women\*
  - Normal apoptosis\*
  - Cellular health\*

## About the ingredients:

### Indole-3-Carbinol (I-3-C)

- Indole-3-Carbinol (I-3-C) supports cellular health.\* It has been shown to support a shift in estrogen metabolism towards less estrogenic metabolites thus reducing the risk of estrogen sensitivities.\* Because I-3-C helps to maintain healthy hormonal balance for both men and women it may provide support for the health of the breast, prostate, and other reproductive organs.\* Indol-3-Carbinol occurs naturally in cruciferous vegetables such as broccoli, cabbage, cauliflower, brussel sprouts, collard greens and kale.

### Diindolylmethane

- Diindolylmethane, or DIM®, patented form of Diindolylmethane from BioResponse is a plant compound that supports estrogen metabolism in both men and women.\* DIM® and I-3-C have been found to support normal apoptosis to help the body regulate defective cells.\*

### Vitamin D3

- Vitamin D3 is essential for the formation, growth, and repair of bones and for normal calcium absorption and immune function.\* It also supports cellular differentiation and supports normal apoptosis.\*

### Vitamin E

- Vitamin E is a powerful antioxidant that helps protect cells.\* Defective cells are believed to result from oxidative damage to DNA caused by free radicals. Antioxidants - such as vitamin E - help protect against the damaging effects of free radicals\*.

### Calcium D-Glucarate

- Calcium D-Glucarate helps to support the glucuronidation detoxification pathway.\* Glucuronidation enables the body to rid itself of foreign elements including xenoestrogens, pollutants and toxins. It is a process by which glucuronic acid is conjugated (joined) to various toxins in the liver so that they can be excreted through the bile or urine. It also removes "used" hormones and synthetic hormones from the body.\* Glucuronidation is a major means of converting most drugs, steroids, and many toxic and "environmental"

substances to metabolites that can be excreted into the urine or bile.\*

### Green Tea Extract

- Green Tea Extract comes from the tea plant, *Camellia sinensis*, which is an excellent source of potent polyphenols/bioflavonoids with powerful antioxidant properties.\* Research has identified the polyphenol epigallocatechin-3-gallate (EGCG) as the most active agent in Green Tea.\*

### HMRLignan™

- HMRLignan™ provides support for free radical scavenging and cellular health.\* HMRLignan™ is also beneficial in supporting healthy hormonal balance.\*

### Trans-Resveratrol

- Trans-Resveratrol is the active form of resveratrol. It is a natural polyphenol with powerful antioxidant activity that supports the body's ability to protect its cells against dangerous free radicals that can contribute to prostate problems.\* Studies with resveratrol indicate that this polyphenol inhibits the activity of aromatase and enzyme that converts testosterone to estrogen.\*

## SUPPLEMENT FACTS

### Serving Size 2 Capsules

Vitamin D3 (as Cholecalciferol)	1,000 IU
Vitamin E (as d-alpha Tocopheryl Succinate)	50 IU
Calcium (as Ca D-Glucarate)	50 mg
Indole-3-Carbinol	200 mg
DIM®	100 mg
(a proprietary enhanced bioavailability complex of starch, diindolylmethane, Vitamin E as tocophersolan, phosphatidylcholine, silica.)	
Green Tea ( <i>Camellia sinensis</i> ) Leaf Extract yielding EGCG	250 mg 175 mg
HMRLignan™ (a Norway Spruce ( <i>Picea abies</i> ) Standardized Lignan Extract)	30 mg
Trans-Resveratrol (from <i>Polygonum cuspidatum</i> Root Extract)	50 mg

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, silica, vegetarian leucine.

**Warning:** If pregnant, nursing, or planning to become pregnant do not take this product.

**Suggested Use:** As a dietary supplement, take 2 capsules daily, or as directed by your healthcare practitioner.

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**Distributed by**  
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02RG952.060

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