

I·3·C - Indole-3-Carbinol

200mg of Indole-3-Carbinol per capsule to promote proper estrogen metabolism and healthy cellular differentiation.

Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- Indicated for the proper metabolism of estrogen and symptomatic control in estrogen-dominant health conditions
- Shown to support healthy cellular differentiation of breast and cervical tissues
- 200mg of pure and stable indole-3-carbinol per vegetable capsule

Proper estrogen metabolism is a crucial factor in the ongoing balance of hormones within the body and in optimizing health outcomes. The initial estrogen detoxification step in the liver creates the metabolites 2-hydroxyestrone (2-OHE1), 4-hydroxyestrone (4-OHE1) and 16-hydroxyestrone (16-OHE1). Although there are many stages of estrogen elimination, this first step is critical because each metabolite has unique actions in the body. The ratio of these compounds has immense health implications.

Indole-3-carbinol (I·3·C) is naturally found in cruciferous vegetables such as broccoli and cauliflower and it is well-known for its ability to support healthy estrogen metabolism. I·3·C up-regulates the production of 2-OHE1, the protective form of estrogen that acts as an

estrogen antagonist. 16-OHE1, on the other hand, has potent estrogenic and proliferative effects that oppose the action of 2-OHE1. Research has repeatedly shown that a higher ratio of 2-OHE1 to 16-OHE1 is protective against disease and desirable for improving symptoms in estrogen dominant conditions. I·3·C improves this ratio of estrogen metabolites.

Numerous trials have shown that this positive shift in estrogen metabolites, as a result of I·3·C supplementation, is advantageous for health outcomes. For example, I·3·C has been shown to improve outcomes in women with cervical disease, with a dose-dependent response for estrogen ratios and CIN severity regression. Animal studies have also found that I·3·C can prevent unhealthy cellular differentiation in breast tissue.

Not only does I·3·C promote a positive estrogen metabolite ratio, but it additionally influences the expression of multiple genes, such as tumor-suppressing gene p53 and BRCA1, that collectively support the healthy differentiation of hormonally sensitive tissues.

I·3·C is naturally metabolized in the body to provide multiple active compounds, including the

predominant metabolite diindolylmethane (D-I-M). Although debate exists regarding whether D-I-M or I-3-C is most beneficial as a health supplement, each compound has its advantages. D-I-M is the primary metabolite of I-3-C, yet it is not the only metabolite. I-3-C provides the body with all active metabolites and it remains a well-researched and effective treatment for the proper regulation of estrogens in the body.

Cyto-Matrix's I-3-C contains 200mg of pure indole-3-carbinol in each vegetable capsule, with 120 vegetable capsules per bottle for targeted and ongoing hormonal support.

Each capsule contains

Indole-3-Carbinol 200mg

Non-Medicinal Ingredients

Magnesium carbonate. Capsule: hypromellose

Recommended Use Claim

Helps to support/promote healthy estrogen metabolism and promote/support a healthy estrogen metabolite ratio. Source of antioxidants for the maintenance of good health.

Directions of Use

Adults - Take 1 capsule 2 times per day or as directed by a healthcare professional.

Cautions and Warnings

Do not use if safety seal is broken. Consult healthcare professional prior to use if you are attempting to conceive or if you have a low estrogen or symptoms of low estrogen; if you are taking any medication or have a liver disorder or develop liver related symptoms (e.g. abdominal pain, jaundice, dark urine).

Contraindications

Do not use if you are pregnant or breastfeeding.

Storage Conditions

Do not use if safety seal is broken.