



Available in 120 vegetarian capsules

- Provides a source of antioxidants to support good health

Discussion

DIM (3,3'-diindolylmethane) is the stable, bioactive metabolite formed when stomach acid breaks down indole-3-carbinol (I3C), a sulfur-containing glucosinolate present in cruciferous vegetables.^[1] Supplementation with DIM is preferred over I3C due to I3C's undesirable breakdown products, including the dioxin-like molecule indolo[3,2-b]carbazole (ICZ).^[2] DIM has been found to support hormone metabolism and immune activity, and stimulate antioxidant and detoxification systems.^[3] Curcumin and BioPerine[®] provide complementary support for DIM's role in healthy cell function.*

Support of Hormone Metabolism Healthy metabolism of exogenous and endogenous estrogens can be pivotal for hormonal balance.^[4] DIM promotes metabolism of estrogen into the favorable and protective 2-hydroxyestrone (2-OHE) metabolite versus production of 4-hydroxyestrone (4-OHE) and 16-alpha-hydroxyestrone (16-alpha-OHE) metabolites.^[5] DIM's influence on 2-OHE production creates a more desirable ratio of 2-OHE to 16-alpha-OHE. Assessment of 2:16-alpha-OHE ratio appears to be useful in evaluating breast health.^[6] DIM has been studied for its role in supporting prostate health as well, by reducing dihydrotestosterone binding to androgen receptors.*^[7,8]

Support of Cell Function and Metabolism Orchestration of metabolism by the thyroid gland is dependent on hormone balance. DIM was found to target proteolytic enzymes (MMP-2 and MMP-9), thus supporting the normal function and activity of thyroid cells in vitro.^[9] Ongoing research reveals DIM's positive role in regulation of gene expression, protein production, and cell function. Downregulation of certain proteins (survivin, Bcl-2, and cdc25A) and upregulation of protective proteins (NRF2 and cyclin-dependent kinase inhibitor p21 waf1) promoted healthy cell growth.*^[10,11]

Antioxidant and Detoxification Support DIMension 3 provides support for both antioxidant and detoxification systems which, in turn, support cellular function and integrity. Antioxidant activity is crucial to counteracting oxidative molecules normally produced during phase I detoxification. Research on DIM suggests that it plays an important role in activating detoxification enzymes in human hepatocytes, further supporting biotransformation at a primary site in the body.*^[12]

Curcumin As the major curcuminoid found in turmeric, curcumin is valued for its promotion of antioxidant activity, support of metabolic detoxification, and modulation of cytokine production.^[13] Research studying genotoxic estrogen metabolites suggests that curcumin's inhibitory effect on anchorage-independent growth and on CYP enzymes following dioxin exposure helps support healthy cell-life regulation in human embryonic kidney cells and normal prostate cells.*^[14]

BioPerine is a patented form of piperine, the main alkaloid from black and long pepper plants that has been found to effectively support the absorption of nutrients. After a dose of 2 g of curcumin, human serum levels of curcumin were either undetectable or very low. When the same dose was given along with 20 mg of piperine (4:1 ratio), there was a 2000% increase in the bioavailability of the curcumin without adverse effects.*^[15]

DIMension 3®

Medicinal Ingredients (per vegetarian capsule)

Turmeric Extract (<i>Curcuma longa</i>)(rhizome)(95% curcuminoids)	125 mg
DIM (3,3-diindolylmethane)	75 mg
Black Pepper Extract (<i>Piper nigrum</i>)(fruit)(BioPerine®)(50:1, 62.5 mg)(standardized to 95% piperine).....	1.25 mg

Non-Medicinal Ingredients

HPMC (capsule), stearic acid, magnesium stearate, microcrystalline cellulose, silica, medium-chain triglycerides.

Recommended Dose

Adults: Take two capsules daily, or as directed by your healthcare practitioner.

Consult a healthcare practitioner for use beyond 12 weeks.

Do not use if you are pregnant or breastfeeding. Consult a healthcare practitioner prior to use if you are taking antiplatelet medication, blood thinners or any other medications or natural health products. Consult a healthcare practitioner prior to use if you have gallstones or a bile duct obstruction, have stomach ulcers or excess stomach acid, or are receiving cancer treatment. Do not use if tamper seal is damaged.

Keep out of reach of children. Store in a cool dry place.



References

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Additional references available upon request

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