

EndoDIM



Clinical Applications:

- Supports healthy estrogen metabolism in women and men
- Promotes hormone balance and detoxification pathways
- Helps maintain breast and prostate health
- Provides antioxidant support for cellular and DNA stability

ENDOCRINE HEALTH

EndoDIM is a specialized formula that combines the synergistic power of two key compounds found in cruciferous vegetables—indole-3-carbinol (I3C) and diindolylmethane (DIM)—to support healthy estrogen metabolism. Together, these nutrients promote hormone balance and contribute to the maintenance of breast, cervical, and prostate health, making EndoDIM a comprehensive solution for estrogen-related support.

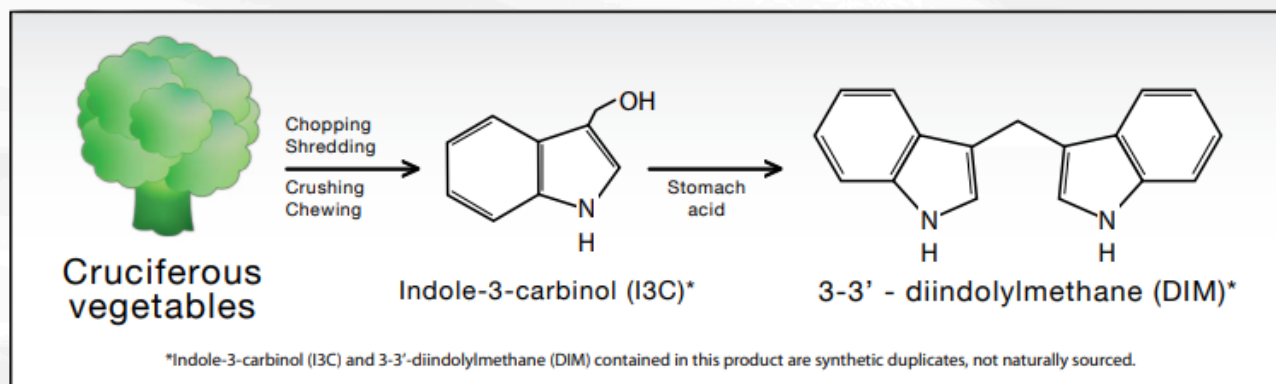
The Health Benefits of Cruciferous Vegetable Metabolites

Cruciferous vegetables—like broccoli, Brussels sprouts, and cabbage—contain compounds that have shown unique benefits for hormone-related health, particularly for the breast, prostate, and reproductive systems. Much of their value stems from a family of compounds known as glucosinolates, which are converted into active metabolites during chewing, chopping, or digestion.

Two of the most well-researched metabolites are indole-3-carbinol (I3C) and diindolylmethane (DIM). These compounds are known to support healthy estrogen metabolism and provide cellular protection by influencing hormone detoxification pathways. Once consumed, I3C is converted into DIM in the acidic environment of the stomach, initiating key biochemical processes that promote hormone balance and detoxification.

Estrogen Balance & Detoxification

Estrogen is a family of hormones (including estrone, estradiol, and estriol) that act as signaling molecules throughout the body. While essential for development, tissue repair, and reproductive health, estrogen's effects must be balanced to avoid overstimulation. The body naturally metabolizes estrogen into various byproducts—some beneficial and others potentially harmful.



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

EndoDIM contains targeted doses of both I3C and DIM to support:

- Favorable estrogen metabolite ratios
- Detoxification of excess estrogen
- Protection of breast, cervical, prostate, and endometrial tissues¹⁻⁴
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Clinical studies have demonstrated that I3C and DIM promote the production of 2-hydroxyestrone (2-OHE)—a protective estrogen metabolite—while reducing 16-alpha-hydroxyestrone (16α-OHE) and 4-hydroxyestrone (4-OHE), which have been linked to DNA damage and abnormal cell growth.⁵⁻⁸

Supplementation with I3C has consistently increased the 2-OHE:16α-OHE ratio, a biomarker of healthy estrogen metabolism, in both men and women.⁹⁻¹¹ Supporting this balance may promote long-term hormone-related cellular health.

How It Works: I3C & DIM Synergy

- I3C is a compound naturally found in cruciferous vegetables that, when digested, forms a variety of bioactive metabolites—most notably DIM.^{12 13}
- DIM is the only I3C-derived compound detected in human plasma after supplementation, suggesting it is the primary active metabolite driving I3C's benefits.¹³
- These compounds are known to activate phase I and phase II detoxification enzymes, stimulate Nrf2 pathways, and help regulate aromatase, the enzyme responsible for converting androgens into estrogen.¹⁴⁻¹⁷
- I3C may also reduce estrogen receptor activity, limiting excess hormonal stimulation at the cellular level.^{18 19}

Key Benefits

- Supports balanced estrogen metabolism in both women and men
- Promotes detoxification through liver enzyme activation
- Encourages a favorable estrogen metabolite ratio (2-OHE/16α-OHE)
- Helps protect hormone-sensitive tissues
- Convenient one-capsule daily dosing

Directions

Take 1 capsule daily, or as directed by your healthcare provider.

Does Not Contain

This product contains no gluten, corn, yeast, or artificial colors or flavors.

Cautions

If you are pregnant or nursing, consult your physician before taking this product

Supplement Facts ^{v2}		
Serving Size 1 Capsule		
Servings Per Container 30 & 60		
	Amount Per Serving	% Daily Value
Vitamin E (from 50 IU as d-Alpha Tocopherol Succinate USP)	33.5 mg	223%
Dietary Indoles (Total Indole Blend containing Indole-3-Carbinol (I3C, 200 mg input) and Diindolylmethane (DIM, 100 mg input))	300 mg	*
* Daily Value not established.		

Other Ingredients: Hypromellose (Natural Vegetable Capsule), Microcrystalline Cellulose, Magnesium Stearate, Calcium Silicate, Stearic Acid and Silicon Dioxide

References

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