



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

- **Detoxification:** Indole-3-carbinol has been shown to promote 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.*
- **Estrogen Metabolism:** Indole-3-carbinol supports healthy estrogen metabolism by promoting a healthy ratio of weak estrogens (2-hydroxyestrone metabolites or 2-OHE) to strong estrogens (16 alpha-hydroxyestrone metabolites or 16 alpha-OHE) in favor of the weak, less potent estrogens.*
- **Antioxidant Support:** Indole-3-carbinol has been reported to act as a scavenger of free radicals.*
- **Cellular Support:** Promoting phase I and phase II detoxification enzymes, antioxidant activity, and favorable shifts in 2-OHE and 16 alpha-OHE metabolites supports breast, prostate, and cervical health, as well as provides general 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-carbinol400 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-carbinol200 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.