

DIM PLEX[®]

- **A Dietary Supplement to Support Weight Management and Hormonal Balance in Men and Women.***
- A proprietary blend of Diindolylmethane (DIM[®]) combined with Banaba leaf and Green Tea Extracts designed to:
 - Control appetite*
 - Balance cortisol levels*
 - Support thermogenesis*
- **DIM Plex[®] supports:**
 - Weight management without making you jittery*
 - Hormone balance to support lean muscle mass*
 - Metabolism, calorie expenditure and appetite*
 - Lipolysis (breakdown of stored fat) and thermogenesis (increased caloric expenditure) to reduce unwanted fat stores and increase lean muscle mass*
- **Diindolylmethane, or DIM[®],** is a plant compound that promotes estrogen metabolism causing a beneficial shift in the balance of estrogen, testosterone and progesterone in both men and women.* A healthy balance between estrogen, testosterone and progesterone supports skin, prostate, ovarian, breast, skeletal, joint and cardiovascular health, lean body mass, efficient fat burning, better physical conditioning, improved mood and memory, increased libido, and promotes healthy aging and the reduction of the effects of menopause and prostate dysfunction.*
- **Banaba leaf extract** contains corosolic acid, which supports cortisol balance, glucose transport into cells, normal blood sugar and insulin levels in the blood and reduces appetite.* The reduction in appetite, due to tighter control of blood sugar levels, may help support healthy weight management.* Banaba's ability to modulate blood sugar levels has been demonstrated in cell cultures, animal and human studies. In cell culture corosolic acid supported uptake of glucose into cells.* In mice, rat and rabbit models with hyperglycemia, banaba reduced elevated blood sugar and insulin levels to normal.* In humans with hyperglycemia, banaba extract has been shown to help reduce blood sugar levels and maintain tighter control of blood sugar fluctuations.*

- **Green Tea** comes from the tea plant, *Camellia sinensis*, which is an excellent source of potent polyphenols (bioflavonoids with powerful free-radical fighting properties).* Research has identified the polyphenol epigallocatechin-3-gallate (EGCG) as the most active agent in Green Tea.* EGCG may support metabolism due to its thermogenic effect, help to maintain normal blood insulin levels and control appetite, which helps to support weight loss and weight management.*

Suggested Use: As a dietary supplement, take 2 capsules in AM with mid-morning snack for the first week. Then take 2 capsules in AM with mid-morning snack and 2 capsules before 3 PM with afternoon snack or as directed by your healthcare practitioner.

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30 or 60

Amount Per Serving	% Daily Value
Green Tea (<i>Camellia sinensis</i>) Leaf Extract 750 mg yielding polyphenols 375 mg, catechins 262.5 mg, epigallocatechin gallate 75 mg, Caffeine 60 mg	*
DIM [®] 150 mg (a proprietary enhanced bioavailability complex of starch, diindolylmethane, Vitamin E as tocophersolan, phosphatidylcholine, silica.)	*
Banaba Leaf (<i>Lagerstroemia speciosa</i>) Extract 16 mg yielding Corosolic acid 0.32 mg	*

*Daily Value not established.

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

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

VEGETARIAN / GLUTEN FREE / SOY FREE

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*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.

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