

# DIM PLEX<sup>®</sup>

## Shed Pounds While Balancing Your Hormones\*

- Optimizes hormonal balance in men and women\*
- Helps maintain healthy blood sugar and insulin\*
- Balances cortisol\*
- Promotes a feeling of fullness\*
- Supports lean body mass\*
- Encourages fat burning\*
- Supports healthy levels of GLP-1\*

As we age, hormones can shift, stress hormones can take over, and unfortunately, we can see it in our expanding waistbands. It's possible to counteract the weight gain that accompanies normal aging and our stressed lifestyles.\* These include supporting a moderate appetite, burning calories, balancing levels of cortisol and sex hormones, and maintaining healthy blood sugar and insulin.\* DaVinci<sup>®</sup> Laboratories created DIM<sup>®</sup> Plex with a proprietary blend of Diindolylmethane (DIM) combined with green tea extract and Banaba to address these common imbalances that can lead to age-related weight gain.\*

### DIM Balances Hormones\*

DIM is a plant compound that promotes estrogen metabolism, causing a beneficial shift in the balance of estrogen, testosterone, and progesterone in both women and men.\* When the body properly breaks down and removes estrogen, it prevents the buildup of too many circulating hormones. This healthy metabolism of estrogen promotes cellular health and normal cell division, aiding prostate, ovarian, and breast health.\* When hormone levels naturally decline with age, DIM Plex<sup>®</sup> can promote libido and healthy aging, proper estrogen metabolism during menopause, and prostate health.\* Balanced hormones are also great for skin, mood, memory, skeletal, joint, and cardiovascular health.\*

### Supports Weight Management and Appetite Control\*

When estrogen, testosterone and progesterone are balanced, it supports lean body mass, efficient fat burning, and better physical conditioning.\* DIM Plex<sup>®</sup> also includes Banaba, which contains corosolic acid to support glucose transport into cells and normal blood sugar and insulin metabolism, promoting feelings of fullness after eating.\*

Green tea leads the charge to promote thermogenesis (calorie burning) and to help control hunger.\* Green tea also supports healthy levels of glucagon-like peptide 1 (GLP-1), a gut hormone that helps control cravings and food intake.\* Green tea's metabolic effects don't stop there. It benefits insulin metabolism and encourages healthy levels of triglycerides and high-density lipoprotein cholesterol (HDL-C).\*

### Fends Off Cortisol-Related Weight Gain\*

Cortisol is a hormone released when your body is stressed. Cortisol contributes to weight gain, especially around the waist and face. It can even cause your blood sugar levels to skyrocket. Green tea has a soothing effect that supports healthy cortisol levels.\*

### DIM Plex<sup>®</sup> is recommended for:

- Hormonal balance, especially estrogen metabolism\*
- Weight management programs that help increase GLP-1 levels\*
- Helping to maintain glucose and cortisol levels in the normal ranges\*
- Staying slim\*
- Supporting lean muscle mass\*
- Helping to reduce carb cravings and the urge to overeat\*

**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 <sup>®</sup> 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 or nursing, consult your healthcare practitioner before taking this product.

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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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