

# BIO DIM<sup>®</sup> COMPLEX

## A Dietary Supplement to Support Hormonal Balance in Men and Women\*

- **Bio DIM<sup>®</sup> Complex** is a blend of DIM<sup>®</sup> combined with Vitamin D3, Vitamin E, Calcium D-Glucarate, Green Tea Extract, HMRLignan<sup>™</sup>, and Trans-Resveratrol.
- **Bio DIM<sup>®</sup> Complex** is a state of the art formula that supports hormone balance and cellular health in both men and women.\*
- **Bio DIM<sup>®</sup> Complex Supports:**
  - Hormone balance in both men and women\*
  - Normal Apoptosis\*
  - Cellular health\*

### About the ingredients:

**Diindolylmethane** or **DIM<sup>®</sup>** patented form of Diindolylmethane from BioResponse is a plant compound that supports estrogen metabolism in both men and women.\* DIM<sup>®</sup> has been found to support normal apoptosis to help the body regulate defective cells.\*

**Vitamin D3** is essential for the formation, growth, and repair of bones and for normal calcium absorption and immune function.\* It also supports cellular differentiation and supports normal apoptosis.\*

**Vitamin E** is a powerful antioxidant that helps protect cells.\* Defective cells are believed to result from oxidative damage to DNA caused by free radicals. Antioxidants - such as vitamin E - help protect against the damaging effects of free radicals\*.

**Calcium D-Glucarate** helps to support the glucuronidation detoxification pathway.\* Glucuronidation enables the body to rid itself of foreign elements including xenoestrogens, pollutants and toxins. It is a process by which glucuronic acid is conjugated (joined) to various toxins in the liver so that they can be excreted through the bile or urine. It also removes "used" hormones and synthetic hormones from the body.\* Glucuronidation, is a major means of converting most drugs, steroids, and many toxic and "environmental" substances to metabolites that can be excreted into the urine or bile.\*

**Green Tea Extract** comes from the tea plant, *Camellia sinensis*, which is an excellent source of potent polyphenols/bioflavonoids with powerful antioxidant properties.\* Research has identified the polyphenol epigallocatechin-3-gallate (EGCG) as the most active agent in Green Tea.\*

**HMRLignan<sup>™</sup>** provides powerful antioxidant protection, helps protect against cellular damage caused by free radicals.\* HMRLignan<sup>™</sup> is also beneficial in supporting healthy hormonal balance.\*

**Trans-Resveratrol** is the active form of resveratrol. It is a natural polyphenol with powerful antioxidant activity that supports the body's ability to protect its cells against dangerous free radicals that can contribute to prostate problems.\* Studies with resveratrol indicate that this polyphenol inhibits the activity of aromatase and enzyme that converts testosterone to estrogen.\*

**Suggested Use:** As a dietary supplement, take 2 capsules daily, or as directed by your healthcare practitioner.

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin D3 (as Cholecalciferol) 25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha Tocopheryl Succinate) 33.5 mg	223%
Calcium (as Ca D-Glucarate) 50 mg	4%
<b>DIM<sup>®</sup></b>	
(a proprietary enhanced bioavailability complex of starch, diindolylmethane, Vitamin E as tocophersolan, phosphatidylcholine, silica.) 100 mg	*
Green Tea ( <i>Camellia sinensis</i> ) Leaf Extract 250 mg yielding EGCG 175 mg	*
HMRLignan <sup>™</sup> (a Norway Spruce ( <i>Picea abies</i> ) Standardized Lignan Extract) 30 mg	*
Trans-Resveratrol (from Japanese Knotweed ( <i>Polygonum cuspidatum</i> ) Root Extract) 50 mg	*

\*Daily Value not established.

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

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

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HMRLignan<sup>™</sup> is a trademark used under sublicense from Linnea S.A.

VEGETARIAN / GLUTEN FREE / SOY FREE

\*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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WEB: [www.davincilabs.com](http://www.davincilabs.com) E-MAIL: [info@davincilabs.com](mailto:info@davincilabs.com) PHONE: 1-800-325-1776 FAX: 1-802-878-0549

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