



**SIMPLY FORMULATED  
TO DELIVER MORE.**

# ESTRO BENEFITS™

MADE WITH  
**NON  
GMO**  
INGREDIENTS

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

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

### About the ingredients:

#### Diindolylmethane

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

#### Vitamin D3

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

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

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

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™

HMRLignan™ provides support for free radical scavenging and cellular health.\* HMRLignan™ is also beneficial in supporting healthy hormonal balance.\*

#### Trans-Resveratrol

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%

#### DIM®

(a proprietary enhanced bioavailability complex of starch, diindolylmethane, Vitamin E as tocophersolan, phosphatidylcholine, silica.) 100 mg \*

Green Tea (*Camellia sinensis*) Leaf Extract 250 mg  
yielding EGCG 175 mg \*

HMRLignan™ (a Norway Spruce (*Picea abies*)  
Standardized Lignan Extract) 30 mg \*

Trans-Resveratrol  
(from *Polygonum cuspidatum* Root Extract) 50 mg \*

\*Daily Value not established.

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

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

DIM® is a Registered trademark of, and is licensed from, BioResponse, LLC, Boulder CO US  
Patent # 6,086,915HMRLignan™ 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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