

Ultra I-3-C Indole-3-Carbinol

DESCRIPTION

Ultra I-3-C, provided by Douglas Laboratories®, supplies significant amounts of indole-3-carbinol (I-3-C) in a proprietary blend of cruciferous vegetables for healthy hormone balance and cellular health.†

FUNCTIONS

Indole-3-carbinol is a member of the class of sulfur-containing chemicals called glucosinolates, phytochemicals found in high amounts in cruciferous vegetables such as broccoli, cauliflower, and Brussels sprouts. Indole-3-carbinol functions as an antioxidant, stimulates natural detoxification enzymes and supports normal hormone metabolism. † Furthermore, I-3-C supports the function of healthy breast and cervical cells. † In recent years, I-3-C has shown a promising ability to support prostate cell metabolism. †

In the stomach, indole 3-carbinol must be broken down into its active metabolite diindolylmethane, another indole compound that also has similar health benefits. Indole-3-carbinol supports healthy estrogen metabolism by promoting a healthy ratio of weak estrogens (2-hydroxyestone metabolites or 2-OHE) to strong estrogens (16 alpha-hydroxyestone metabolites or 16 alpha-OHE) in favor of the weak, less potent estrogens. Indole-3-carbinol also induces phase II enzymes including glutathione S-transferase (GST). Cruciferous vegetables like broccoli and cauliflower offer protective sulforophane compounds known for their ability to induce protective detoxifying enzymes.

INDICATIONS

Ultra I-3-C may be a useful dietary supplement for individuals wishing to supplement their diet with indole-3-carbinol to support healthy estrogen metabolism.

FORMULA (#201209)

One Vegetarian Capsule Contains:

Indole-3-Carbinol 200 mg
Proprietary Blend..... 50 mg
Standardized Broccoli, Cauliflower and Brussels Sprout

SUGGESTED USE

Adults take 1-2 capsules daily in divided doses with meals or as directed by a healthcare professional.

WARNING: Women who are breastfeeding or pregnant should not take this product.

SIDE EFFECTS

No adverse effects have been reported.

The conversion of I-3-C to its active metabolites requires stomach acid. Therefore, antacids, H2 blockers, and proton-pump inhibitors may impede its effectiveness.

How Supplied: Supplied in bottles of 60 Capsules.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

Bonnesen C, Eggleston IM, Hayes JD. Dietary indoles and isothiocyanates that are generated from cruciferous vegetables can both stimulate apoptosis and confer protection against DNA damage in human colon cell lines.

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Nho CW, Jeffery E. The synergistic upregulation of phase II detoxification enzymes by glucosinolate breakdown products in cruciferous vegetables. Toxicol Appl Pharmacol 2001 Jul 15;174(2):146-52.

For more information on Ultra I-3-C Indole-3-Carbinol visit douglaslabs.com

**† 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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Your patients trust you.**

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