# DIM® Enhanced

Supports hormone metabolism, cellular health and detoxification‡

## DESCRIPTION

DIM® Enhanced, provided by Douglas Laboratories, is a microencapsulated form of diindolylmethane (DIM) with curcumin, green tea and wasabia, designed to support healthy hormone balance, detoxification, and immune health. Microencapsulated DIM® by BioResponse is a patented, absorption-enhancing formulation to ensure proper assimilation by the body.‡

## INDICATIONS

- Healthy estrogen detoxification, hormone balance and immune support‡

## FUNCTIONS AND MECHANISM OF ACTION

**Diindolylmethane (DIM)**

During the body's natural detoxification processes, potentially detrimental molecules such as hormone metabolites, alcohol, drugs and air pollutants are removed from the bloodstream via the liver. Healthy hormone detoxification is a crucial part of a normally functioning immune system.‡

Diindolylmethane (DIM) is one molecule known for the supportive role it plays in stimulating natural detoxification enzymes and supporting beneficial estrogen metabolism. As a natural component derived from indole-3-carbinole and cruciferous vegetables, DIM has been shown to support the 2-hydroxylation rather than the 16-hydroxylation of certain estrogen metabolites. This favors the production of 2-hydroxysterone over the less-desirable 16-hydroxyesterone.‡

BioResponse DIM® contains pure DIM microencapsulated in particles that provide greater absorption and sustained release compared to generic crystalline DIM (Figure 1). The patented formulation process for making BioResponse DIM® creates microparticles of DIM, then emulsifies the DIM with vitamin E and phospholipids, and captures these complexes through a drying process in larger particles of pure food starch. The result is a sustained-release, dry powder that re-dissolves easily after oral consumption.

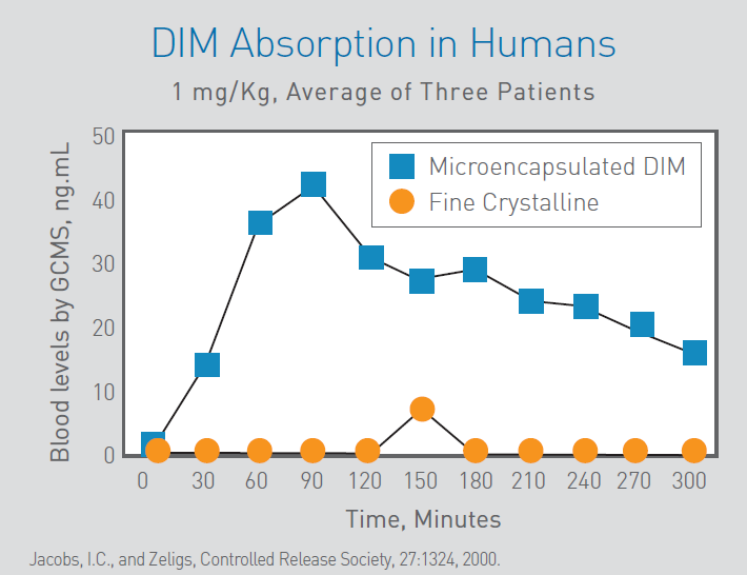


Figure 1. BioResponse DIM microencapsulated provides greater absorption compared to crystalline DIM not microencapsulated (p=0.04).

**Green Tea**
Numerous phytochemicals, including polyphenols, methylxanthines, flavonoids and triterpenoid saponins, have been identified in green tea. The polyphenols contained in tea, specifically the catechins, appear to provide the primary health-promoting benefits associated with green tea consumption. Catechin, epicatechin, epigallocatechin (EGC) and, most notably, epigallocatechin gallate (EGCG), provide antioxidant activity to support immune function and liver detoxification.‡

**Meriva® Curcumin**
Studies have shown that curcumin, a naturally occurring, biologically active compound from *Curcuma longa* (turmeric), can function as an efficient antioxidant that plays a key role in supporting the body's detoxification processes. Since curcumin exhibits poor oral absorption in the body, Douglas Laboratories has chosen a highly bioavailable curcumin called Meriva®. Curcuminoid absorption was about 29 times higher for Meriva® than for standard curcumin due to proprietary phytosome technology, which increases hydrolytic stability. ‡

***Wasabia japonica***
Wasabia is a member of the cruciferous vegetable family that contains unique long-chain isothiocyanates (ITCs) not commonly found in other cruciferous vegetables. These ITCs are believed to be more potent in the liver detoxification process than most ITCs found in cruciferous vegetables.‡

## FORMULA (#202558)

Serving Size 1 Vegetarian Capsule:
Green tea extract (leaf) ..... 200 mg
(standardized to 98% polyphenols and 45% EGCG)
BioResponse DIM® complex ..... 125 mg
(complex of starch, diindolylmethane, vitamin E as tocophersolan,
phosphatidylcholine (from sunflower) and silica, standardized to contain 25% diindolylmethane)
Meriva® Curcumin Phytosome ..... 125 mg
(*Curcuma longa* extract, rhizome, sunflower phospholipid complex)
*Wasabia japonica* (rhizome) ..... 50 mg
(containing at least 600 mcg of isothiocyantes as
allyl ITC, 3-butenyl ITC, and 4-pentyl ITC)

Other Ingredients: Hydroxypropyl methylcellulose [capsule], microcrystalline cellulose, silica, vegetable stearate and dicalcium phosphate



Non-GMO, Gluten-Free

## SUGGESTED USE

Adults take 1 capsule 1-2 times daily with food or as directed by your healthcare professional.
Microencapsulated DIM® dosing guidelines:
Women: 100-200 mg BioResponse DIM® (25-50 mg DIM)
Men: 200-400 mg BioResponse DIM® (50-100 mg DIM)

## PRECAUTIONS

Avoid this product if pregnant or lactating. If taking prescription blood thinners such as Coumadin (warfarin) or amphetamines, consult your physician prior to use.

## SIDE EFFECTS

Harmless changes in urine color may occur if less than recommended daily water intake is consumed.

## STORAGE

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

## REFERENCES


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**For more information on DIM® Enhanced, 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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