

# BioDIM<sup>®</sup> Plus

Hormonal Balance for Men and Women



Recommended by  
Angie Svoboda, Pharm D.

## DESCRIPTION

BioDIM Plus is a blend of diindolylmethane (DIM) combined with vitamin D3, vitamin E, calcium D-glucarate, green tea extract and resveratrol. BioDIM Plus supports hormonal balance in both men and women, normal cellular apoptosis and overall cellular health.

## FUNCTIONS

BioDIM Plus is a unique formulation that helps support the normal metabolic pathways of hormones in both men and women. Featured in the formulation is diindolylmethane or DIM, a plant compound that supports estrogen metabolism in both men and women. DIM has been found to support normal cellular apoptosis to assist the body in removing defective cells. Vitamin D3, another ingredient in BioDIM Plus, is essential for the formation, growth and repair of bones, and for normal calcium absorption and immune function. It also supports cellular differentiation and normal cellular 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 to various toxins in the liver so that they can be excreted through the bile or urine. This process 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 in the urine or bile.

Green tea extract comes from the tea plant, *Camelia 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™, a standardized lignan extract, provides powerful antioxidant protection, helps protect against cellular damage caused by free radicals, and is 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, the enzyme that converts testosterone to estrogen.

## INDICATIONS

BioDIM Plus may be a useful nutritional supplement to help support hormonal balance and metabolism in men and women.

## FORMULA (WW #10387)

### One Capsule Contains:

Vitamin D3 (as cholecalciferol).....	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopherol succinate) .....	33.5 mg
Calcium (as Ca D-glucarate).....	50 mg
DIM <sup>®</sup> .....	100 mg
(a proprietary enhanced bioavailability complex of starch, diindolylmethane, vitamin E as tocophersolan, phosphatidylcholine, silica)	
Green tea .....	250 mg
(Camellia sinensis) yielding EGCg 175 mg	
HMRLignan™.....	30 mg
(a Norway spruce (Picea abies) standardized lignin extract)	
Trans-resveratrol .....	50 mg
(from Polygonum cuspidatum root extract)	

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

## SUGGESTED USE

As a dietary supplement, take 2 capsules daily or as directed by a healthcare practitioner. If pregnant or nursing, consult a healthcare practitioner before taking this product.

## STORAGE

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

## WARNING

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

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.

Manufactured For:

**Good Life Pharmacy**

125 South 16th St.  
Ord, NE 68862  
308.728.3295