

# Product Information Sheet



Liver Support

## Meta I3C™

**V Ve**

### Indole-3-Carbinol with Rosemary Extracts

Meta I3C™ supports healthy oestrogen metabolism and oestrogenic activity. It features indole-3-carbinol, a naturally occurring compound found in cruciferous vegetables such as broccoli, brussels sprouts and cabbage.

#### Ingredients:

##### Each capsule typically contains:

Indole-3-Carbinol	150 mg
Rosemary Leaf Extract (Rosemarinus officinalis) [standardised to 11% (5.5mg) carnosic acid derivatives]	50 mg

##### Encapsulated with:

Maltodextrin (soluble fibre)  
Hydroxypropyl methylcellulose (capsule)  
Magnesium stearate  
Silicon dioxide

#### Features:

Supports oestrogen-sensitive tissues.

May help to support women with oestrogen related health issues.

Supports overall oestrogen activity and metabolism.

Clinically significant levels of indole-3-carbinol, with additional support from rosemary and its derivatives, in just two small, easy to swallow capsules.

Stabilised through the proprietary MetaTec™ process for maximum quality and potency.

**Recommendation:** 1 capsule twice daily with food, or as directed.

**Caution:** If taking medication, seek the advice of a medical practitioner.

**Product Code:** 44085

**Package Size:** 60