

# Product Information Sheet



**Female Health**

## **D.I.M**

**V Ve**

### **Bioavailable Diindolylmethane**

Diindolylmethane (D.I.M) is a phytonutrient extracted from cruciferous vegetables (broccoli family) that supports oestrogen balance and metabolic clearing.

### **Ingredients:**

#### **Each capsule typically contains:**

Diindolylmethane (D.I.M) 30 mg

### **Other Ingredients:**

Cellulose  
Silicon dioxide  
Rice Flour  
Vitamin E  
Phosphatidylcholine

### **Features:**

Diindolylmethane (D.I.M) is a powerful phytochemical that supports oestrogen metabolism.

D.I.M contains added vitamin E and phosphatidylcholine for superior bioavailability.

**Recommendation:** Women: 1-2 capsules daily, or as directed.  
Men: 2 capsules daily, or as directed.  
Take with food.

**Caution:** Not recommended during pregnancy or whilst breastfeeding.  
Harmless changes in urine colour may occur with the use of this product.  
If taking medication, seek the advice of a medical practitioner.

**Contains ingredients derived from:** Soy

**Product Code:** 5716

**Package Size:** 30