

# DIM-Evail™

Healthy estrogen metabolism\*



ENDOCRINE/METABOLISM



DIM-Evail™ provides 100 mg of diindolylmethane (DIM), a compound classified as a “plant indole.” Plant indoles are also called glucosinolates, which are found in cruciferous vegetables such as broccoli, cabbage, and cauliflower. They are among the nutrients responsible for the widely recognized healthful properties of these foods, including the support of a healthy estrogen balance and inflammatory response.\*

The primary plant indole found in cruciferous vegetables is known as indole-3-carbinol (I3C), which converts to DIM in the body. Supplemental DIM may provide the noted health effects without producing the unwanted side effects of supplemental I3C, such as possible nausea and equilibrium issues. Both I3C and DIM have been studied for their health-promoting benefits including the support of healthy estrogen metabolism.\*

DIM-Evail™ is manufactured using Designs for Health’s proprietary Evail™ emulsification technology, which is designed to enhance the bioavailability and absorption of bioactive ingredients. This Evail™ process uses an extract derived from the quillaja plant, vitamin E, delta- and gamma-tocotrienols, and medium-chain triglycerides (MCTs) to support absorption.

## Benefits\*

- Supports healthy estrogen balance
- Promotes healthy inflammatory response

## Recommended Use

Take 1 softgel per day with a meal or as directed by your health-care practitioner.

DeltaGold® is a registered trademark of American River Nutrition, LLC and protected by U.S. Patent No. 8,586,109.

## Highlights

- 100 mg of diindolylmethane per serving
- Formulated with Evail™ technology to optimize bioavailability and absorption

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To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).

Consult with your health-care practitioner about your specific circumstances and any questions you may have about 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.

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