

Nature's Way DIM-Plus  
120 caps

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**Our Price: \$18.99**

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Product Details

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### DIM-Plus Overview

DIM Plus is a patented, highly-absorbable form of the amazing compound di-indolemethane, more commonly known by its abbreviation, DIM. DIM is a nutrient extracted from certain vegetables like broccoli and cabbage, but that's not what's exciting about it. As you may be aware, an increasing amount of attention is being given to the harmful role estrogens (and estrogen-mimicking compounds) play in human health, both in men and women. In men, excess estrogen activity interferes with healthy testosterone activity and promotes unhealthy changes in prostate health. In women, excess estrogens can make for a miserable menstrual cycle and great difficulty losing weight. Besides actual hormonal estrogens produced by the body, estrogens are present in some foods like dairy, and a great many environmental toxins such as plastic residues also have powerful estrogenic properties.

Estrogen hormones and estrogenic environmental toxins all share the same detoxification pathway in the liver. The exciting thing about DIM is that its able to affect the liver enzymes responsible for the detoxification of estrogens and estrogenic toxins in a way that increase their rate of elimination. So DIM is one of the most legitimate anti-estrogen supplements available, but since it's not absorbed well, use a the patented DIM Plus from Nature's Way which is an absorption-enhanced DIM preparation.

### DIM-Plus Description from Nature's Way

DIM-plus contains diindolylmethane, a phytonutrient found in cruciferous vegetables including broccoli, brussels sprouts, cabbage, cauliflower and kale. Unlike other plant nutrients such as soy isoflavones, diindolylmethane has unique hormonal benefits. It supports the activity of enzymes that improve estrogen metabolism.

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## Supplement Facts

Serving Size: 2 caps

Servings Per Container: 60

Ingredient	Amount	% Daily Value**
Vitamin E	9 IU	30
BioResponse-DIM complex	100mg	†

\*\* Percent Daily Value is based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

† Daily Value not established.

## Manufacturer's Directions

(Women)Take two capsules daily with food. (Men)Take two capsules twice daily with food.

[Olympian Labs Performance Sports Nutrition - DIM \(150mg\) 30 vcaps](#)

Our Price \$7.43

## Anti-androgenic activity of absorption-enhanced 3, 3'-diindolylmethane in prostatectomy patients.

Consumption of cruciferous vegetables is associated with a decreased risk of developing prostate cancer. Antineoplastic effects of cruciferous vegetables are attributable to bioactive indoles, most prominently, 3, 3'-diindolylmethane (DIM). In addition to effects on proliferation and apoptosis, DIM acts as an antiandrogen in prostate cancer cell lines. This study characterized the effects of prostatic DIM on the androgen receptor (AR) in patients with prostate cancer. Men with localized prostate cancer were treated with a specially formulated DIM capsule designed for enhanced bioavailability (BR-DIM) at a dose of 225 mg orally twice daily for a minimum of 14 days. DIM levels and AR activity were assessed at the time of prostatectomy. Out of 28 evaluable patients, 26 (93%) had detectable prostatic DIM levels, with a mean concentration of 14.2 ng/gm. The mean DIM plasma level on BR-DIM therapy was 9.0 ng/mL; levels were undetectable at baseline and in follow-up samples. AR localization in the prostate was assessed with immunohistochemistry. After BR-DIM therapy, 96% of patients exhibited exclusion of the AR from the cell nucleus. In contrast, in prostate biopsy samples obtained prior to BR-DIM therapy, no patient exhibited AR nuclear exclusion. Declines in PSA were observed in a majority of patients (71%). Compliance was excellent and toxicity was minimal. In summary, BR-DIM treatment resulted in reliable prostatic DIM levels and anti-androgenic biologic effects at well tolerated doses. These results support further investigation of BR-DIM as a chemopreventive and therapeutic agent in prostate cancer.

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