

## 3,3'-Diindolymethane

Cat. No. EXTZ-547

Lot. No. (See product label)

### Introduction

#### Description

3,3'-Diindolymethane (DIM) is primarily derived from extracts of cruciferous vegetables such as Brussels sprouts, watercress, mustard greens, kale, turnips, broccoli, and cauliflower. These vegetables contain indole-3-carbinol, which can be converted into 3,3'-Diindolymethane when ingested by the human body. 3,3'-Diindolymethane has garnered significant attention due to its potential health benefits, particularly its roles in cancer prevention, antioxidation, and regulation of hormone metabolism.

### Product Information

#### Form

Powder