Creative Enzymes®

3,3'-Diindolylmethane

Cat. No. EXTZ-547

Lot. No. (See product label)

Introduction

Description	3,3'-Diindolylmethane (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'-Diindolylmethane when ingested by the human body. 3,3'-Diindolylmethane has garnered significant attention due to its potential health benefits, particularly its roles in cancer prevention, antioxidation, and regulation of hormone metabolism.

Product Information

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