

## **DIM (Diindolylmethane): Natural Hormone Balancer**

DIM is found in cruciferous plants such as broccoli, brussels sprouts, cauliflower and cabbage. It helps balance hormones and reduce your risk of various types of cancer. Additionally, DIM provides antioxidant activity to prevent damage from free radicals in the body, support weight loss, enhances energy, boosts mood, improves memory, and supports strong bones and joints.

### **Benefits Include:**

- Enhance bio-identical hormone replacement therapy
- Regulate energy metabolism by promoting the active release of stored fat for better energy, especially during exercise
- Cell growth regulation, which helps get rid of damaged cells throughout the body
- Enhanced muscle growth and adaptation with exercise
- Promote weight loss
- Reduce risk of heart attack
- Relieve premenstrual syndrome (PMS) symptoms
- Reduce the risk of atherosclerosis
- Improve prostate health
- Helps reduce inflammation and maintain insulin sensitivity

### **DIM Supplements may be Prescribed to:**

- Enhance bio-identical hormone replacement pellet therapy
- Promote breast, urine, cervical, and prostate health
- Deter estrogen-sensitive cancers
- Reignite sex drive
- Alleviate premenstrual and menopausal symptoms
- Decrease body fat