

Indole-3-Carbinol

Powerful antioxidant action



- Helps reduce oxidative stress exerted by free radicals
- Supports estrogen metabolism

**Tested in our
ISO 17025**
Accredited Laboratory



newrootsherbal.com



Indole-3-Carbinol New Roots HERBAL

Indole-3-carbinol (I3C) is the phytochemical responsible for the antioxidant properties of the family of vegetables known as Brassicaceae (formerly Cruciferae), which includes broccoli, cabbage, Brussels sprouts, kale, and cauliflower.

Indole-3-carbinol is an organic compound formed as a result of the action of the enzyme myrosinase with the precursor compound indole-3-glucosinolate within these vegetables upon maceration (crushing). The antioxidant activity of indole-3-carbinol protects cells, including their DNA, from the effects of environmental toxins we are exposed to on a daily basis.

Research in both Europe and North America has demonstrated a correlation between the consumption of cruciferous vegetables and lower disease risk. This makes supplementation with indole-3-carbinol well worth exploring for your commitment to good health.

Each vegetable capsule contains:

Indole-3-carbinol 150 mg

Other ingredients: Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

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Suggested use:

Adults: Take 2 capsules once daily with food or as directed by your health-care practitioner.

Manufactured under strict GMP (Good Manufacturing Practices).

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