

Indole-3-Carbinol

Powerful antioxidant
action

- PROTECTS CELLS FROM TOXINS AND PESTICIDES
- MAINTAINS DNA INTEGRITY



New Roots Herbal's Indole-3-Carbinol (I3C) is an isolate derived from the family of vegetable which includes broccoli, Brussels sprouts, and cauliflower. This organic compound is 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 carcinogenic effects of environmental toxins we are exposed to on a daily basis.

Initial research with I3C was conducted to determine its potential use in breast cancer prevention. Further research conducted with I3C has revealed potential benefits for its use in cases of prostate and colon cancer.

An article published in the Journal of Nutrition in December, 2004, reported a study conducted at Wayne State University in Michigan to have shown I3C to inhibit the growth of prostate cancer cells, along with inducing apoptosis (programmed cell death). I3C triggers a reaction that compromises mitochondrial potential and subsequently contributes to the eradication of cancer cells. Mitochondria are the power plants that provide the energy for every living cell.

Each vegetable capsule contains:

Indole-3-carbinol 150 mg

Non-medicinal ingredients: Vegetable magnesium stearate and silicon dioxide, in a non-GMO vegetable capsule composed of vegetable cellulose and purified water.

Suggested use:

Take 1-4 capsules daily with meals or as directed by your health care practitioner.

Contains no: Preservative, artificial colour or flavour, sugar, dairy, starch, wheat, corn, soy or yeast.

Keep out of reach of children.

*Manufactured under strict GMP (Good Manufacturing Practices)
New Roots Herbal at 1-800-268-9486 or www.newrootsherbal.com*