



## DIM Estro Clean Complex

- **EstroPurePlex™**, Maxzorb Nutrition very own proprietary blend of powerful herbs and superfoods to further enhance the bodies ability to **balance hormones** which benefit both male and female reproductive organs.
- DIM and Indol-3 Carbinol contains compounds found in cruciferous vegetables like broccoli and cauliflower that are shown to help **balance estrogen** and **testosterone levels** in men and women.
- Vitamins D3, E and C-ester have been added to enhance this formulas' ability to support **healthy breast**, endometrial and cervical tissue in women, and healthy **prostate** in men.
- Alleviates **PMS**, acne, and **menopausal** symptoms in women and swelling of prostate in men.
- Promotes the availability of **FREE** testosterone in men.
- Supports healthy weight loss and optimizes **lean body mass** in both men and women.

**Indol-3- Carbinol (i3C)** is used for prevention of breast cancer, colon cancer, and other types of cancer. The National Institutes of Health (NIH) has reviewed indole-3-carbinol as a possible cancer preventive agent and is now sponsoring clinical research for breast cancer prevention. Indole-3-carbinol is used to balance hormone levels, "detoxify" the intestines and liver, and to support the immune system.

Indole-3-carbinol is a substance found in vegetables such as broccoli, Brussels sprouts, cabbage, collards, cauliflower, kale, mustard greens, turnips, and rutabagas. Researchers suspect indole-3-carbinol is one of several vegetable components that might protect against cancer.

**Di-Indolyl Methane (DIM)** is formed in the body from plant substances contained in "cruciferous" vegetables such as cabbage, Brussels sprouts, cauliflower, and broccoli.

DIM is involved in the liver's natural estrogen and testosterone balance in both women and men. It appears to support the activity of specific enzymes that improve estrogen metabolism. Scientific research shows that DIM increases the level of "good" estrogens (2-hydroxyestrogen) while reducing the level of "bad" estrogens (16-hydroxyestrogen). Underproduction of 2-hydroxyestrogen in women has been linked to PMS, acne, mid-life obesity, painful menstruation, recurrent breast pain, cervical dysplasia, fibroid tumors, as well as rheumatoid arthritis and systemic lupus erythematosus.

In men, obesity and chronic inflammation have been linked to underproduction of 2-hydroxyestrogen. DIM, has been shown in scientific studies to reduce the risk of prostate and other hormone-driven cancers by helping the body to make a better balance of the hormones.

Both men and women may get huge benefits from DIM in terms of free testosterone, estrogen balance, and physical conditioning.

**How DIM helps to reduce levels of Sex Hormone Binding Globulin which helps provide for increased amounts of free testosterone.**

DIM promotes healthy estrogen metabolism diminishing un-metabolized estrogen, known as estradiol. Elevated estradiol levels may lead to moodiness and breast pain in women and decreased sex drive in men. DIM promotes a more active metabolism of estrogen, un-metabolized estrogen levels fall and the 2-hydroxy-estrogens (good estrogens) increase. The 2-hydroxy-estrogens possess the unique ability to displace testosterone from SHGB (Sex Hormone Binding Globulin), and set it free. **Therefore, the combined effect of DIM to reduce un metabolized estrogen and increase 2-hydroxy-estrogens can reduce elevations in SHBG and allow more free testosterone.**

Both of these changes help maintain and restore a youthful balance between estrogen and free testosterone. This balance is a key to a healthy and active metabolism in men and women.

**Natural Vitamin E (D-Alpha-Tocopheryl Succinate)** Due to its molecular structure, natural vitamin E is much better absorbed in the body. Specific transport proteins in the liver tend to bind better to natural vitamin E, allowing it to be transported to other tissues in the body to be used for important functions, including as an antioxidant.

**Vitamin C Ester** is a unique, exclusive form of Vitamin C designed to stay in your white blood cells for 24-hours, providing you with around-the-clock immune system support.

### **EstroPurePlex™ (640mg per serving)**

#### **Vitamin D3 (Cholecalciferol)**

Vitamin D3 plays a wide role in overall health, it's becoming clear that a large percentage of individuals are deficient in this important nutrient, which has hormone-like activity.

#### **BroccoSinolate**

A broccoli extract that's been standardized to 4% glucosinolates, the natural, sulfur-containing antioxidants present in cruciferous vegetables. These are a family of organic compounds found in tangy herbs such as horseradish, mustard, and onions. Their presence in the diet is thought to help prevent cancer in humans. Glucosinolates enhance the activity of the liver and intestinal enzymes essential to the detoxification of harmful chemicals and byproducts.

#### **Rosemary**

Recent research has shown that rosemary can help prevent cancer and age-related skin damage. Rich in carnosol, Rosemary has been found to detoxify substances that can initiate the breast-cancer process. And it's a rich source of vitamin E (alpha tocopherol), another powerful antioxidant. It's widely known that an imbalance of estrogen hormones in women can contribute to breast cancer.

#### **Bio-Curcumin**

Bio-Curcumin is an extract of the spice turmeric and benefits nearly every organ in the body. It can help support the brain, breast, pancreas, colon health, and it promotes healthy cell division and healthy inflammatory response.

#### **Graviola fruit**

Graviola fruit has its roots in ancient medicine but has been studied in modern times. This study was conducted by the National Cancer Institute. The results were quite astounding. It was found that, along with many graviola benefits, it had an ability to eliminate cancer cells in the body. The Memorial Sloan-Kettering Cancer Center in New York also confirms that graviola, particularly graviola extract, does have beneficial elements including anti-rheumatic, and anti-viral.

#### **Green Tea Extract 50% Catechin (Polyphenon)**

Green Tea's bioactive compounds include Polyphenols and Catechins, which are known to exhibit potent free radical neutralizing properties.\* Its most abundant Catechin, EGCG has been scientifically demonstrated to assist in maintaining healthy tissues in the face of normal metabolic stress and to support proper cell cycle regulation.

### **Nettles Root**

Nettles Root has been studied extensively and has shown promise in treating Alzheimer's disease, arthritis, bladder infections, gout, hives, kidney stones, laryngitis, multiple sclerosis, PMS, and prostate enlargement. It is **helpful for urination problems related to an enlarged prostate.**

### **Resveratrol**

Resveratrol is a member of a group of plant compounds called polyphenols. These compounds are thought to have antioxidant properties, protecting the body against the kind of damage linked to increased risk for conditions such as cancer and heart disease.

### **Chrysin**

Chrysin is a naturally occurring flavonoid in the passion flowers, honeycombs, and certain mushrooms. Chrysin is used for the treatment of anxiety, inflammation, gout, and has anti-tumor benefits, and is an antioxidant.

### **Co Q10**

Many medical studies demonstrate CoQ10 benefits when taken as a supplement, most of which stem from its vital role in oxygen utilization and energy production, particularly in heart muscle cells

.Bibliography Hayes JD, Kelleher MO, Eggleston IM. The cancer chemopreventive actions of phytochemicals derived from glucosinolates. *European Journal of Nutrition* 2008;47 Suppl 2:73-88 Murillo G, Mehta RG. Cruciferous vegetables and cancer prevention. *Nutrition and Cancer* 2001;41(1-2):17-28 Aggarwal BB, Ichikawa H. Molecular targets and anticancer potential of indole-3-carbinol and its derivatives. *Cell Cycle*. 2005 Sep;4(9):1201-15. Indole-3-carbinol and prostate cancer. *J Nutr*. 2004 Dec;134(12 Suppl):3493S-8S. Li Y, Chinni SR, Sarkar FH. Selective growth regulatory and pro-apoptotic effects of DIM is mediated by AKT and NF-kappaB pathways in prostate cancer cells. *Front Biosci*. 2005 Jan 1;10:236-43. Chang X, Tou JC, Hong C, et al. 3,3'-Diindolylmethane inhibits angiogenesis and the growth of transplantable human breast carcinoma in athymic mice. *Carcinogenesis*. 2005 Apr;26(4):771



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