

PRODUCT INFORMATION

I3C[®]

Indole-3-carbinol (I3C[®]) is a phytochemical substance with powerful antioxidant properties that promotes healthy cell growth.

Basic Facts

Unhealthy cell growth in the breasts is one of the most frequent forms of abnormal cell growth in women in Western industrialized countries. In Germany alone, 46,000 new cases are registered each year. It is estimated that one in 10 women will be affected at some point in her life. Although medicine has made great progress in the past ten years and the rate of early detection and healing is very high thanks to medical imaging, regular gynecologic examinations and new operation techniques, unhealthy cell growth in the breasts is still a huge challenge for physicians and a great psychological and physical burden for the women it affects.

Metabolites of estrogen metabolism play a role in the development of unhealthy cell growth in the breasts. Clusters of unhealthy cells can be "estrogen-dependent," with estrogen and progesterone receptors found within their tissue. These types of unhealthy cells react to therapy with antiestrogens, the best-known of which is tamoxifen. Tamoxifen is a synthetic, anti-steroidal antiestrogen that inhibits estrogen receptors in clusters of unhealthy cells, thereby discouraging their growth.

In 1997 it was proven that I3C[®] (indole-3-carbinol) discourages unhealthy cell growth by positively influencing estrogen metabolism and, like tamoxifen, interrupting the cell cycle. Even before that, indole-3-carbinol served as an important antioxidant in orthomolecular medicine.

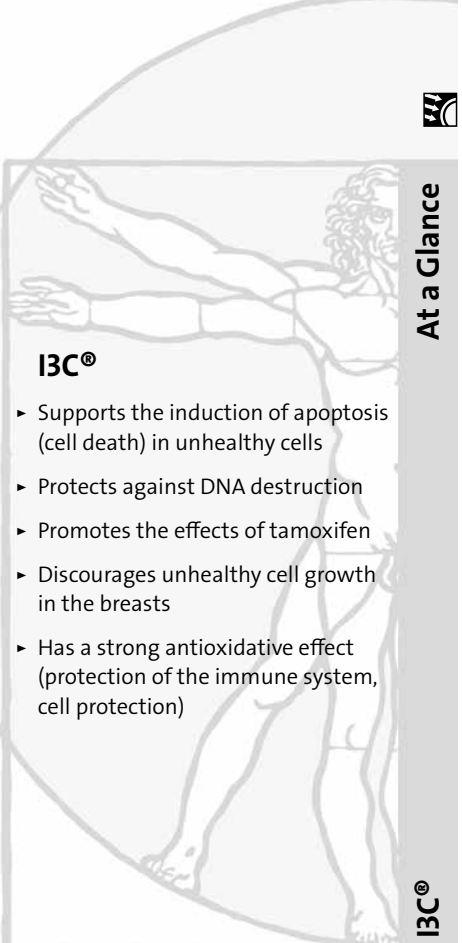
Indole-3-carbinol was initially recognized as early as 1960 for its effect on unhealthy cell growth caused by chemical poisons (dioxin). It supports healthy estrogen metabolism via the very receptor that makes it possible for dioxin to enter the cell. This receptor can only be activated by certain poisons and, among other substances, indole-3-carbinol. The difference is that dioxin, after having attached itself to this receptor, initiates unhealthy cell growth while indole-3-carbinol discourages it.

Effects

Indole-3-carbinol (I3C[®]) is a glucosinolate; a phytochemical substance contained in vegetables of the Cruciferae family, predominantly broccoli, white cabbage, Brussels sprouts and cauliflower. It offers protection against hormone-dependent unhealthy cell growth by specifically intervening in the metabolism of the sex hormone estradiol. In principle, when it comes to breaking down estradiol, there are two possible metabolites involved: estriol and catechol estrogen. While a high concentration of estriol increases the risk of unhealthy cell growth in the breasts after menopause, catechol estrogen hardly influences it. Studies have shown that indole-3-carbinol supports the formation of the more harmless catabolic product.

Several in-vitro and in-vivo studies have shown that this substance discourages the growth of unhealthy

estrogen-receptor-positive cells by up to 90 percent. Even in estrogen-receptor negative cells, the administration of indole-3-carbinol discouraged cell growth. Tamoxifen does not affect these types of unhealthy cells. Here, the positive actions of indole-3-carbinol are probably due to its strong antioxidative effect. It could also be shown that it discourages unhealthy cell growth in female smokers.



I3C[®]

- ▶ Supports the induction of apoptosis (cell death) in unhealthy cells
- ▶ Protects against DNA destruction
- ▶ Promotes the effects of tamoxifen
- ▶ Discourages unhealthy cell growth in the breasts
- ▶ Has a strong antioxidative effect (protection of the immune system, cell protection)

At a Glance

I3C[®]

Uses

It is important to note that indole-3-carbinol should only be taken after an accurate diagnosis by a doctor has been made. Apart from its supportive role in promoting healthy cell growth in the lungs and breasts, the preparation is also indicated in the following cases due to its strong antioxidative effect:

- ▶ irregular and one-sided nutrition
- ▶ heavy smokers
- ▶ individuals who are chronically ill and required to take medications for life
- ▶ before and after operations of malignant tumors
- ▶ elderly people with reduced functional capacity of the immune system

Composition

One capsule contains 200 mg indole-3-carbinol (I3C®) in pharmaceutical grade.

Other ingredients: rice flour, magnesium stearate.

Dosage

In normal cases take 1–2 capsules a day with plenty of fluid.

Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

Store in a cool and dry environment, out of reach for children.

I3C® Product Groups

I3C® can be found in the following product groups (www.vitabasix.com):

 **Immune System,
Cell Protection & Antioxidants**

Manufacturer:



VitaBasix®

by LHP Inc.

www.vitabasix.com | uk@vitabasix.com

Tel.: 00800-7030-7060 | Fax: 00800-1570 1590

Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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