



NATURE'S SUNSHINE

Indole-3-Carbinol

GOOD FOR

Female Reproductive System

Breasts

Liver

SIZE **60 Capsules**

ITEM # **1506**

SERVING **2**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 2 capsules daily with a meal.

— How the Key Ingredients Work

Indole-3-Carbinol brings together the natural goodness found deep inside cruciferous vegetables like broccoli to help your body stay balanced, protected, and running smoothly. Think of it as giving your body a steady supply of the same beneficial compounds you'd get from eating a big plate of broccoli every single day.

Indole-3-Carbinol (I3C) — I3C is the star of this formula — a natural compound that forms when you chew or digest cruciferous vegetables like broccoli and cabbage. It helps your body handle estrogen more gracefully, supports your natural detox pathways, and gives your antioxidant defenses a meaningful boost. One human study found it raised a key protective enzyme by 69%.

I3C & Hormone Balance — One of I3C's most celebrated roles is helping the body process estrogen in a healthier direction. Rather than letting certain estrogen byproducts build up, I3C encourages the body to favor a gentler, less stimulating form — something that matters for both women and men who want to keep their hormonal balance feeling steady and comfortable.

I3C & Men's Hormonal Health — As men age, estrogen levels can creep up and compete with testosterone, leaving energy and vitality feeling off. I3C is recognized as one of the most studied natural compounds for supporting healthy estrogen balance in aging men, helping to ease that hormonal tug-of-war so the body can maintain a more youthful equilibrium.

I3C & Cervical Health — Research has looked closely at I3C's ability to support healthy cervical tissue. In a placebo-controlled clinical trial using 200–400 mg per day, I3C showed encouraging results in supporting normal cell health in the cervix, likely because of the way it guides estrogen metabolism toward less stimulating pathways in sensitive tissues.

I3C & Immune Harmony — I3C has been studied for its ability to help the immune system find its footing, particularly in situations where the immune response becomes overactive. Early research — including animal studies and pilot human work — suggests I3C may help encourage a more balanced immune environment by supporting healthy B-cell and T-cell activity.

I3C & Antioxidant Support — Every day your cells face wear and tear from free radicals — unstable molecules that can slowly chip away at your health. I3C helps your body produce more of its own protective enzymes, including glutathione and heme oxygenase-1, giving your internal defense system a real, measurable lift backed by human research.

Broccoli (*Brassica oleracea var. italica*) — Broccoli has been eaten for centuries — Romans were growing it in ancient Italy — and modern science has confirmed what traditional wisdom always suspected: it's one of the most protective foods on the planet. Rich in sulforaphane and glucosinolates, broccoli provides the raw material your body needs to power up its natural defenses and keep things running smoothly.

 (888) 510-7196  service@caringsunshine.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.

BUY THIS QUICKLY
Scan to shop this product

