

FEMIN

TRADITIONAL INDICATIONS

1. Hormonal Imbalance
2. Polycystic Ovarian Syndrome
3. Hair Fall
4. Acne
5. Irregular Menstrual Periods



DIM is a phytonutrient which is formed when indole-3-carbinol (I3C) is broken down. I3C can be found in cruciferous vegetables such as those in the Brassica family like red cabbage, kale, broccoli, Brussel sprouts and cauliflower. Diindolymethane derives its name from its molecular structure, two indole groups attached to a methane group. It is primarily an oestrogen regulating compound, having the ability to either increase or decrease oestrogen synthesis depending upon the dose. In addition to its effects on oestrogen metabolism, DIM is also being studied for its anti-inflammatory effects, anti-cancer properties and its ability to stimulate the immune system. In particular it may offer some benefit to diseases which are caused by the human papilloma virus or HPV, such as cervical dysplasia and respiratory papillomatosis. It's anti-cancer properties and cancer-preventative properties are related predominantly to its effect on regulating the hormones oestrogen and testosterone, affecting the development of hormonally-driven cancers such as those of the breast, prostate, ovaries and uterus.

DIM or diindolymethane has been found to improve estrogen metabolism by altering liver function in a way which increases the rate at which oestrogens are metabolised into inactive forms, thus clearing excess from the body, which is generally beneficial in PCOS as most women with the condition also have a relative oestrogen dominance. It also blocks some effects of oestrogen, though it may increase others. It is also an anti-androgen, reducing the amount of testosterone in the body, which is also usually a hallmark feature of PCOS.

DOSAGE and DIRECTIONS



For Adults 18 yrs or above, one (1) Capsule twice daily (every 12 hours) in empty stomach with lukewarm water.

Please give minimum 30 min to take any food after taking FEMIN.

Take optimum water to enhance elimination of released toxins from the body.

INGREDIENTS

Supplement Facts

Serving Size: 1 Capsule (500 mg each)

Servings per container: 60

Each Serving contains		%DV
Diindolylmethane (DIM) - 99 %	100 mg.	*
Saw Palmetto Extract - 45%	300 mg.	*
Excipients	100 mg.	*

* Daily value (DV) not established.

HEALING CRISIS

There is no Heling crisis.