



Meta I-3-C®

Stabilized Indole-3-Carbinol

Form: Capsules

Flavor:

Size: 180 Capsules

Meta I 3 C® is designed to promote healthy estrogen metabolism and balance by featuring indole-3-carbinol (I3C), a nature-identical version of the compound found in cruciferous vegetables such as broccoli, Brussels sprouts, and cabbage. Through its ability to promote the breakdown of estrogen to its beneficial, protective metabolite—2-hydroxyestrone—indole-3-carbinol may be a safe and effective way to help achieve beneficial balance in estrogen metabolism.*

Ingredients	Amount Per Serving	% Daily Value
Serving Size	1 Capsule	
Servings Per Container	180	
Indole-3-Carbinol	150 mg	*
Rosemary (<i>Rosmarinus officinalis</i>) Leaf Extract [standardized to 7.6% min sum of carnosol + carnosic acid]	50 mg	*

Other Ingredients: Capsule (hydroxypropylmethylcellulose), maltodextrin, magnesium stearate (vegetable), and silica.

Directions: Take one capsule twice daily with food or as directed by your healthcare practitioner.

This product is gluten-free and vegetarian.

Caution: Not recommended for pregnant or nursing women. If taking medication, consult your healthcare practitioner before use. Keep out of the reach of children.

*Daily Value not established.