



## Meta I-3-C®

**Form:** Capsules

**Flavor:**

**Size:** 60 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	60	
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.