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## **Help Maintain Good Estrogen Metabolism in Women and Men**

Maintaining efficient estrogen metabolism is essential to preserving healthy reproductive tissues. Disrupters of hormone balance such as organochlorine pesticides, poor diet, and genetic factors can compromise the normal healthy ratio of estrogen metabolites, resulting in abnormal cell growth and altered function.

Dietary indoles, as found in broccoli, cabbage, cauliflower and other cruciferous vegetables, exert a strong protective effect on tissues such as breast, cervix, and prostate that are most susceptible to the effects of undesirable estrogen metabolites such as 16-alpha hydroxyestrone.

Indole compounds shift estrogen balance in favor of 2-hydroxyestrone, a protective estrogen metabolite. They also inhibit DNA damage, stimulate liver detoxification enzymes, and regulate cell cycle progression, thus helping to promote healthy cell function.

Unlike most indole supplements formulated with either pure I3C (Indole-3-Carbinol) or DIM (Diindolylmethane), Hazle Drug's brand of "Indole Protection" contains a mixture of both. Most scientific studies document benefits from taking I3C (Indole-3-Carbinol). Data supporting DIM (Diindolylmethane) alone is suggestive but still inconclusive. Rather, it appears that the total content of dietary indoles is most relevant.

**Hazle Drugs' own unique brand of "Indole Protection" readily breaks down in the stomach into DIM and other indole compounds that are readily absorbed.**

The total indole content supplied in one or two capsules daily of Hazle Drugs' brand of "Indole Protection" is consistent with amounts showing benefit and safety in human supplementation trials.

For more information on maintaining healthy estrogen levels in men and women, please contact Compounding Pharmacist and Certified Clinical Nutritionist, Bill Spear or Lori Ann Gormley, Menopause Educator at Hazle Compounding, Broad & Wyoming Sts., Hazleton, Pa. 18201, 570-454-2958, [www.hazlecompounding.com](http://www.hazlecompounding.com)

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