

Pro-indole

About women's health



ALL THE INVALUABLE BENEFITS OF MEDITERRANEAN ROYAL CABBAGE IN ONE CAPSULE

IT BENEFITS WOMEN'S HEALTH because:

- ✔ it helps to balance the level of sex hormones,
- ✔ it supports breast health*,
- ✔ it improves the female and male reproductive health,
- ✔ it improves well-being during the premenstrual period and menopause,
- ✔ it smoothes out age-related manifestations.

* As part of a complex therapy.

Components with proven effectiveness in the composition — 4 ACTIVE FORMS OF INDOLES

1 Indole-3-carbinol (I3C)

is found in cruciferous vegetables (broccoli, Brussels sprouts and cauliflower).

- It has an anti-inflammatory and antitumor effect.

2 Young broccoli seedlings and mature broccoli powder —

The abundant source of not only food indoles, but also natural sulforaphanes — organic compounds of plant origin that reduce the risk of mastopathy development.

4 Diindolylmethane (DIM) —

bioavailable active natural form of indole.

- It is found both in cruciferous vegetables and is formed in the intestine during the digestion of indoles.
- A powerful antioxidant for estrogen metabolism regulation.

key to health

key to health

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HOW DOES IT WORK?

- When the sex hormones have done their job, they are processed in the liver and leave the body.
- An unbalanced diet, stress and a sedentary lifestyle increase the risk of hormonal imbalance, as the liver is overloaded.

THE LIVER NEUTRALIZES HORMONES IN 2 PHASES:



PHASE I

HORMONE RECYCLING

- ✔ THE «GOOD» WAY
As a result of the utilization of estrogens, the correct hormonal balance is maintained and the risk of developing problems with the reproductive system is low.

- ✗ THE «BAD» WAY
It results in a formation of substances which are several times more active than estrogen itself. In this case, the disrupted balance causes an excessive cell growth.

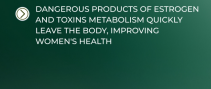


PHASE II

NEUTRALIZATION OF SUBSTANCES

- ✔ Indoles activate the «good» way and increase the excretion of hormones and toxins from the body.
- ✔ Sulforaphane activates enzymes necessary for the neutralization and excretion of the processed hormones, thus maintaining hormonal balance.

Pro-indole



- IT PROMOTES THE CORRECT BALANCE OF ESTROGEN HORMONES, HELPING TO SYNCHRONIZE BOTH PHASES OF LIVER FUNCTION

- AS A RESULT, THE LIVER NEUTRALIZES HORMONES IN A «GOOD» WAY AND WORKS AS EFFICIENTLY AS POSSIBLE

- DANGEROUS PRODUCTS OF ESTROGEN AND TOXINS METABOLISM QUICKLY LEAVE THE BODY, IMPROVING WOMEN'S HEALTH

RECOMMENDED INDICATIONS:

- severe premenstrual tension syndrome,
- to maintain breast health (age 18+),
- during menopause,
- if you are overweight,
- during a long period of taking medications,
- under stress or an unbalanced diet.

IT IS INTERESTING



Indoles are the most studied components for women's health.



The evidence base consists of more than 300 studies.



HOW TO USE:



2 capsules per day with meals

Duration — 30 days

30 DAYS

The course can be repeated if necessary

DIETARY SUPPLEMENT.
IT IS NOT A MEDICINAL PRODUCT.