

## KEEP REFRIGERATED

**Recommendations:** As a dietary supplement, take 1 capsule, 1-4 times daily, with meals.

**Warning:** Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

Keep out of the reach of children.



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our hypoallergenic  
supplements

Use only if safety  
seal is intact.

Contents may not fill  
package in order to  
accommodate required  
labeling. Please rely on  
stated quantity.

Certified Gluten-Free  
by the Gluten-Free  
Certification Organization,  
[www.gluten.org](http://www.gluten.org)



# Indole-3-Carbinol 200 mg

*Supports cellular health†*

Gluten-free, Non-GMO  
& Hypoallergenic  
**Dietary Supplement**  
60 CAPSULES



## Supplement Facts

Serving size 1 capsule  
Servings per container 60

|                   | Amount Per Serving | %DV |
|-------------------|--------------------|-----|
| Indole-3-carbinol | 200 mg             | *   |

\* Daily value (DV) not established

Other ingredients: vegetarian capsule (cellulose, water),  
hypoallergenic plant fiber (cellulose)

**†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**