



# SYNERGISTIC FORMULA FOR HORMONE BALANCING DETOX AND A GENERAL HEALTH BOOST



**I-3-C HAS NOW BEEN PROVEN TO SUPPORT SAFER ESTROGEN METABOLISM & TO REDUCE THE RISK OF CERTAIN CANCERS INCLUDING BREAST, CERVICAL AND ENDOMETRIUM.**

I-3-C is also known to support liver detox and normal cellular division, with beneficial effect in the management of Herpes simplex virus (HSV) and human papilloma virus (HPV). Provita's Synergistic I-3-C, includes Di-indolylmethane (DIM) which works synergistically to potentially inhibit the proliferation of breast, prostate, cervical and colon cancers.



## MEDICINAL INGREDIENTS. Each capsule contains:

Indole-3-Carbinol.....	200 mg
DIM (3,3'-Di-indolymethane).....	25 mg
isolated from <i>Brassica</i> species	

## NON MEDICINAL INGREDIENTS:

Microcrystalline cellulose, vegetable stearate, hypromellose.

## RECOMMENDED DOSE:

Adults take 1 capsule 1 to 2 times per day.

Does not Contain: Dairy, egg, gluten, soy, wheat, corn, yeast, nuts, artificial sweeteners, colors, preservatives, or flavors.

## CAUTIONS:

Consult your health care provider prior to use if you are taking any medication or natural health products, have a liver disorder or symptoms of low estrogen (such as joint pain, mood changes, changes in libido, hot flashes, night sweats, vaginal dryness or irregular menstruations). If you develop liver-related symptoms (e.g. abdominal pain, jaundice) or symptoms of low estrogen, discontinue use and consult a health care practitioner. To exclude the diagnosis of a serious cause of hormonal imbalance, consult a health care practitioner prior to use. Do not use if you are pregnant or breastfeeding. Sealed for your protection. Keep sealed, store in a cool, dry place at 15–25°C. **Keep out of reach of children.**

## DID YOU KNOW?

I-3-C is produced by the breakdown of the glucosinolate glucobrassicin, which can be found at relatively high levels in cruciferous vegetables such as broccoli, cabbage, cauliflower, brussels sprouts, collard greens and kale.



## PROVITA - A STORY OF LOVE AND HEALING -

Our founder, Dr. Lucian Delcea, started Provita out of necessity. His wife was ill. And when drugs failed her, he began his search for an alternative. Before Provita launched in 2005, he sifted through countless hours of research; counseling with some of the top European naturopaths to produce more progressive support for the body's functions. Dr. Delcea came to understand the body's healing process; how it could naturally overcome disease. All it needed were triggers to properly recognize and absorb nutrients for self repair. Provita is not just a natural health line - it's an understanding of the body's own mechanisms. Dr. Delcea's now healthy wife is testament to that.

## COMPLEMENTARY PRODUCTS

**Vitexin Pro™ and EPO-1000**

**FEEL THE PROVITA DIFFERENCE!  
FIND US AT SELECT NATURAL HEALTH STORES**

DELIVERED BY



University of Guelph  
Advanced Health  
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