



**Code:** 9672 **NPN:** 80044252  
**Size:** 90 Vegetarian Capsules  
**Actual Size:** 22.27 mm x 7.66 mm



# EstroVantage EM<sup>®</sup>

## Estrogen Modulator Supports Estrogen Metabolism

- Offers a full array of protective compounds from cruciferous vegetables, including I3C, DIM, and sulforaphane
- Provides a unique blend of botanicals that improve estrogen metabolism, shifting away from carcinogenic metabolites
- Supports detoxification of a variety of environmental toxins as well as naturally produced hormones by enhancing phase 1 and phase 2 liver enzymes
- Contains botanicals with potent anti-inflammatory activity
- Suitable for vegetarians/vegans

### PRODUCT SUMMARY

EstroVantage EM provides a comprehensive formula of plant-based compounds that improve the metabolism of estrogen and its metabolites. Cruciferous vegetables contain a variety of glucosinolates, which some studies have associated with a reduction in cancer incidence when consumed in greater amounts, most likely by causing a shift in metabolism to less carcinogenic estrogen metabolites. EstroVantage EM contains indole-3-carbinol (I3C) and its metabolite 3,3'-diindolylmethane (DIM), as well as sulforaphane from broccoli powder, all of which have been linked to lower rates of neoplastic changes and a more favourable estrogen profile. Not only do these glucosinolates improve estrogen metabolism, they also reduce inflammation by targeting key signalling molecules, such as Nrf2 and NF-κB.

EstroVantage EM also includes other potent plant compounds that reduce inflammation and block carcinogenic pathways. Silymarin, a milk thistle extract, down-regulates gene products involved in the proliferation of tumour cells, along with their invasion, angiogenesis, and metastasis. In addition, it enhances glucuronidation and maintains glutathione levels. This unique combination provides green tea polyphenols, lycopene (tomato extract), turmeric and rosemary extracts, as well as calcium D-glucarate, all of which have been shown to favourably shift estrogen metabolism and reduce carcinogenic risk. Most recently, a randomized, double-blind, placebo-controlled crossover study demonstrated that taking this formula led to markedly higher urinary levels of the protective 2-OHE<sub>1</sub> estrogen metabolite and lower levels of the more dangerous 16α-OHE<sub>1</sub> estrogen metabolite in premenopausal women.



**ESTROVANTAGE EM®**  
ESTROGEN MODULATOR · SUPPORTS ESTROGEN METABOLISM

**Serving Size:** 3 Vegetarian Capsules

**Servings Per Container:** 30

**Each Vegetarian Capsule Contains:**

Calcium D-Glucarate ( <i>d</i> -Glucaric Acid Calcium Salt) .....	75 mg
Indole-3-Carbinol (3-Hydroxymethylindole) .....	75 mg
Green Tea Extract ( <i>Camellia sinensis</i> ) (leaf) (80% Catechins, 45% EGCG*, <1% Caffeine).....	50 mg
Tomato Extract ( <i>Lycopersicon esculentum</i> ) (fruit) (5% Lycopene) .....	50 mg
Broccoli Powder ( <i>Brassica oleracea</i> var. <i>italica</i> ) (aerial) (0.36% Sulforaphane) .....	27.5 mg
DIM (3,3'-Diindolylmethane) .....	25 mg
Turmeric Extract ( <i>Curcuma longa</i> ) (rhizome) (95% Curcuminoids) .....	25 mg
Milk Thistle Extract ( <i>Silybum marianum</i> ) (seed) (50–60% Silymarin).....	25 mg
Rosemary 6:1 Extract ( <i>Rosmarinus officinalis</i> ) (leaf) .....	12.5 mg

\* Epigallocatechin-3-gallate

**Non-medicinal Ingredients:** Vegetarian capsule (carbohydrate gum [cellulose], purified water), microcrystalline cellulose, vegetable grade magnesium stearate (lubricant), silica.

**Recommended Adult Dose:** 3 capsules once per day with food or as directed by a health care practitioner. Consult a health care practitioner for use beyond 12 weeks.

**Recommended Use:** Helps support/promote (healthy) estrogen metabolism (and promote/support a healthy estrogen metabolism ratio). Source of antioxidants for the maintenance of good health.

**Caution:** Do not use if you are pregnant or breastfeeding, or if you have iron deficiency. Consult a health care practitioner if you have gallstones or a bile duct obstruction, stomach ulcers or excess stomach acids, or if you are taking any medications. Consult a health care practitioner prior to use if you are attempting to conceive, have low estrogen or symptoms of low estrogen, have or are pre-disposed to cancer, are taking antiplatelet medication or blood thinners, or have a liver disease. Stop use and consult a health care practitioner if you develop symptoms of liver trouble such as yellowing of the skin/eyes (jaundice), stomach pain, dark urine, sweating, nausea, unusual tiredness, and/or loss of appetite. Rare, unpredictable cases of liver injury associated with products containing green tea extract have been reported (in Canada and internationally). Hypersensitivity/allergy is known to occur, in which case discontinue use. Keep out of reach of children.

**Drug Interactions:** Do not take with warfarin.

**Contains no artificial colours, preservatives, or sweeteners; no dairy, sugar, wheat, gluten, yeast, soy, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans.** Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References available at [bioclinicnaturals.com](http://bioclinicnaturals.com)



· GUARANTEED ·

Bioclinic Naturals® products are manufactured to meet or exceed current Good Manufacturing Practices (cGMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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