

1 capsule (360 mg) contains:

**Indole-3-carbinol – 150 mg, diindolylmethane – 50 mg,
resveratrol – 25 mg.**

INDOMIROL™ is a balanced complex of biologically active substances exerting phytoestrogenic activity that favours the normalisation of the hormonal balance of the female reproductive system and reduces the risk of oestrogen-dependent disorders and alleviates the course of such disorders.

Recommendations for the administration: INDOMIROL™ is recommended as an additional source of phytoestrogens and polyphenols in order to normalise the functional status of the female reproductive and genital systems. The complex of biologically active ingredients of **INDOMIROL™** favours the normalisation of estradiol metabolism and has antiproliferative and antioxidant properties.

INDOMIROL™ is indicated in the following cases:

- **mastopathy**
- **endometriosis, adenomyosis and ovarian cysts**
- **metrofibroma and hysteromyoma**
- **cervical erosion and cervical dysplasia of different**
- **premenstrual syndrome**
- **during menopause, in order to reduce the risk of oestrogen-dependent hyperproliferative processes**
- **papillomatosis**
- **prevention of adhesion formation after gynaecological surgery**

Method of administration and recommended daily dose:

adults (females): 1 capsule once or twice daily after meals with enough drinking water. Treatment duration (one cycle) is 3 to 6 months. If necessary such cycle of treatment may be repeated. This is not a medicinal product. Consult with a doctor prior to start administration.

Contraindications: pregnancy and lactation, individual intolerance of the ingredients of the product.

Presentation: capsules containing 360 mg ± 7.5 %.

Date of manufacture and shelf life: the date of manufacture is mentioned on the package. Shelf life: 24 months after the date of manufacture.

Batch number: see the package.

Storage conditions: store in the original package at 4°C to 25°C protected against humidity and light. Keep out of the reach of children.

Manufacturer: Nutrimed Ltd

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Manufacturing site address: 20471, Cherkasy Oblast, Smilianskyi District, village of Sunky, 1, Lenin St.

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An advanced balanced complex of natural phytoestrogens and antioxidants.

Indole-3-carbinol (I-3-C) - is a natural substance of plant origin isolated from mustard (*Cruciferae*) family; it improves oestrogen levels and prevents the development of oestrogen-dependent hyperproliferative processes, and participates in detoxification; owing to a substantial increase in the activity of enzymes, it protects cells against the damaging effects of free radicals and toxins; it exerts significant antiviral action against human papilloma virus (HPV) and is administered in patients with cervical papillomatosis.

Indole-3-carbinol prevents HPV infection. It prevents the development of oestrogen-dependent neoplasms in women with overweight and metabolic syndrome.

Diindolylmethane (DIM) comprises two molecules of indole-3-carbinol and has more significant anti-oestrogen properties and higher biological availability and structural stability. .

Such characteristics substantially increase the activity of DIM in the organism as compared with the monomer form. DIM is a potent antioxidant protecting cell membranes against their damaging with free radicals (owing to the efficient metabolism of oestrogen, which has a significant influence on the female organism owing to the enhanced anti-oestrogen activity).

Resveratrol - is a potent natural polyphenol having found, in recent years, more applications as a substance favouring healthy longevity; it inhibits oxidative processes and neutralises the effects of free radicals that may damage organs and systems and lead to mutations and cell transformations.

Resveratrol competitively binds estradiol (human sex hormone) receptors reducing the stimulating effects of estradiol on the development of hormone-dependent neoplasms.

Being a phytoestrogen, Resveratrol reduces the risk of osteoporosis in women associated with a reduction of oestrogen levels in menopausal women; and has a positive influence on collagen synthesis preventing the formation of wrinkles and improving the condition of the skin, hair and nails.

**More information is available at:
telephone: (044) 454-0-100 or www.nutrimed.ua**