

DIM – diindolymethane. Many patients are coming in for BHRT and have not heard of DIM and why they should take it.... We have a neutraceutical brochure and you should get one.

DIM is an active ingredient in cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, cabbage, etc) that does several things in men and women. I think most people have heard that our vegetables of today are not nearly as nutritious as they were 100 years ago. One capsule of 150 mg DIM from BioTE supposedly has the amount of DIM in about 7 POUNDS of broccoli.

1. Estrogen (which is found in men and women) can go down a healthy or unhealthy metabolic pathway. DIM pretty much assures that it will go down the healthy pathway. The unhealthy pathway is thought to increase the risk of breast cancer and prostate cancer.
2. Testosterone is bound to a protein (normal) to a great extent and only about 2% is free to be active. DIM helps T be less bound and therefore your T will be more active/effective.
3. DIM helps slow down the conversion of T to E (estrogen). This conversion is normal, but some people convert too much too fast. So DIM helps your T be more effective.
4. I think there are some other healthy effects but I don't remember them right now.
5. You can get DIM from us/BioTE brand. I know it is very well made and Micronized (ground very fine so it is more bio-available to the body's use). Women should take 150 mg per day and men should take 300 mg per day.

Paul Glanville, MD
112 Village Square West #102
Ridgway, CO 81432
Voice 970-626-7140