

Product Name:

Breast-Plex

NPN:

80023879

Galenic Form:

Vegetable capsule

Format:

60 capsules

Ingredients:

Each capsule contains:

BioResponse DIM® 120 mg
providing:

3,3'-Diindolylmethane 30 mg

Vitamin E (d-alpha tocopheryl succinate) ... 7.37 mg AT/11 IU

Phosphatidylcholine (*Glycine max* seed) 5 mg

Non-medicinal ingredients:

Cellulose, corn starch, silicon dioxide, stearic acid, hypromellose.

This product does not contain dairy, egg, gluten, shellfish, sulfites, animal derivatives, or artificial colours, flavours, or preservatives.

Formula Rationale:

Diindolylmethane (DIM) supports specific enzymes that improve estrogen metabolism. *RxBalance™ Breast-Plex* uses BioResponse DIM®, the only patented, absorption-enhanced formulation for DIM. BioResponse DIM® combines vitamin E and phosphatidylcholine with DIM, and then microencapsulates the combination to deliver enhanced bioavailability. DIM is an indole plant nutrient found in cruciferous vegetables such as broccoli, cabbage, Brussels sprouts, and cauliflower. Unlike other plant nutrients, such as soy isoflavones, DIM has been shown to have unique and distinct hormonal benefits, including its ability to increase the level of “good” estrogens (2-hydroxy estrogen), while reducing the level of “bad” estrogens (16-hydroxy estrogen). An increased proportion of 2-hydroxy metabolites is correlated with protection from familial risk of breast cancer, uterine cancer, cervical cancer, and systemic lupus erythematosus. Low 2-hydroxy estrogen production is also associated with mid-life weight gain, cyclical mastalgia, obesity, and elevated systolic blood pressure in otherwise healthy post-menopausal women. Several studies indicate that DIM provides potential protection against hormone-dependent cancers, and that it is a potent stimulator of immune function, which might contribute to the cancer-inhibitory effects of this indole.⁵

Primary indication(s):

For symptomatic improvement of cyclical mastalgia (recurrent breast pain). Helps in the reduction and management of cyclical mastalgia symptoms in premenopausal women. Helps in reducing pain associated with cyclical mastalgia.

Recommended Dose:

Adults: Take 2 capsules daily for three months. For prolonged use, consult a health care practitioner.

Complements:

Liv-Tox, Magnesium Bisglycinate, Krill-Plex, Kyo-Dophilus.

Caution:

Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you are trying to conceive or if you have a liver disorder and/or a predisposition to cancer. Consult a health care practitioner prior to use if you are taking prescription medication. Harmless changes in urine colour may occur with the use of this product.



Dr. Crisafi's comments:

Hyperestrogenism is the term used to describe excess estrogen and its effects. The excess of estrogen may be due to excessive production or intake of estrogen or inappropriate or defective breakdown or reabsorption from the gastro-intestinal tract. Though symptoms of excess estrogen are many, the most frequent include: Cyclical mastalgia, endometriosis, excessive menstrual haemorrhaging, fibrocystic breast disease, uterine fibroids and the premenstrual tension syndrome commonly referred to as PMS. Extreme conditions associated with hyperestrogenism include breast and uterine cancer.

Unfortunately, the incidence of hyperestrogen related disorders is increasing due to the increase in endogenous estrogen production, estrogen consumption as well as to the accrued presence of estrogen-like substances referred to as xenoestrogens. Xenoestrogens have been introduced into the environment by industrial, agricultural and chemical companies only in the last 60 years or so. These include various compounds such as BPA as well as hormone residues in foods such as dairy.

My clinical experience over the last 30 years or so has convinced me – and research over the last 10 years has confirmed – that many women with ovarian, cervical or breast cancers had preliminary symptoms of hyperestrogenism long before developing the cancer themselves. Reducing hyperestrogenism and therefore its symptoms such as mastalgia, helps reduce the incidence of these potentially fatal diseases by reducing their most controllable cause – excess estrogen.

Though much was said in the 1980's about the role of beta-carotene-containing foods such as broccoli in reducing breast cancer risk, research is now highlighting the effects of compounds other than carotenoids in these positive effects. Around 170 BC, Cato the Elder suggested that if a cancerous ulcer appeared on a breast, applying a crushed cabbage leaf would make it better. Research now highlights the very potent effects of indoles, of which diindolylmethane (DIM) is the most biologically potent.

Unfortunately, it is not always practical, feasible or even advisable, to consume large amounts of cruciferous vegetables to improve potential hyperestrogenism. This is due to a certain number of constraining factors. Firstly, if the cruciferous vegetables are not organically grown, the pesticide residues (virtually all of which are identified as xenoestrogens) could actually have a counterproductive effect of supplying excess estrogen. Secondly, in many individuals the gastro-intestinal symptoms triggered by the consumption of cruciferous vegetables can be very limiting. Finally, the sheer amount of cruciferous vegetables required to ensure a sufficient intake of therapeutically active indoles may limit the possibility of consuming enough on a daily basis.

At our clinic DIM is used successfully to reduce the symptoms as well as the causes of premenstrual tension syndrome (PMS or PMT), endometriosis and other hyperestrogen related disorders. We also use DIM preventatively in patients who have a greater risk of breast cancer because of individual genetic, dietary or lifestyle factors.

RxBalance™ Breast-Plex has the advantage of supplying the most biologically active form of indoles in a synergistic complex in an effective, clinically proven, delivery form. The microencapsulation of DIM along with its synergists, vitamin E and phosphatidylcholine, gives consistent clinical results.

Selected References

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