

[Open Peer Review on Qeios](#)

2-(indol-3-ylmethyl)-3,3'-diindolylmethane

National Cancer Institute

Source

National Cancer Institute. *2-(indol-3-ylmethyl)-3,3'-diindolylmethane*. NCI Thesaurus. Code C89855.

The major and active metabolic product of dietary indole-3-carbinol, present in a wide variety of plant food substances from the Cruciferae family, with cytostatic and antiestrogenic properties. 2-(indol-3-ylmethyl)-3,3'-diindolylmethane is an antagonist of estrogen receptor, and could inhibit the proliferation of both estrogen-dependent and -independent breast cancer cells. In addition, this agent also activates binding of the aryl hydrocarbon (Ah) receptor to its cognate DNA responsive element and expression of the Ah receptor-responsive gene CYP1A1.