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# Indole-3-Carbinol

National Cancer Institute

## Source

National Cancer Institute. *Indole-3-Carbinol*. NCI Thesaurus. Code C1135.

A naturally occurring, orally available cleavage product of the glucosinolate glucobrassicinin, a natural compound present in a wide variety of plant food substances including members of the family Cruciferae with antioxidant and potential chemopreventive properties. Indole-3-carbinol scavenges free radicals and induces various hepatic cytochrome P450 monooxygenases. Specifically, this agent induces the hepatic monooxygenase cytochrome P4501A1 (CYP1A1), resulting in increased 2-hydroxylation of estrogens and increased production of the chemoprotective estrogen 2-hydroxyestrone.