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# Indole-3-Carbinol/Calcium/Schizandra/Vitamin D3/Milk Thistle/Stinging Nettle/Lignan-Based Nutritional Capsule

National Cancer Institute

## Source

National Cancer Institute. *Indole-3-Carbinol/Calcium/Schizandra/Vitamin D3/Milk Thistle/Stinging Nettle/Lignan-Based Nutritional Capsule*. NCI Thesaurus. Code C90584.

An orally available capsule-based nutritional supplement containing indole-3-carbinol, calcium-D-glucarate, Schizandra, vitamin D3, milk thistle, stinging nettle and hydroxymatairesinol (HMR) lignans, with potential estrogen modulating, antiproliferative and antioxidant activity. Indole-3-carbinol, found in vegetables of the Cruciferae family, may inhibit mammary cell growth and exerts antiestrogenic activity; Milk thistle (*Silybum marianum*) and Schizandra chinensis may enhance some of the phase II detoxification enzymes; Calcium-D-glucarate and vitamin D3 may inhibit mammary cell growth; stinging nettle may exert its effect through its aromatase inhibiting activity; HMR lignans may have a beneficial effect on estrogen balance and levels. Therefore, ingredients in indole-3-carbinol/calcium/Schizandra/vitamin D3/milk thistle/stinging nettle/lignan-based nutritional capsule may alter estrogen balance and may protect against mammary carcinogenesis.