

**COMPOSITION:** 1 capsule contains: *active ingredients:*

**indol-3-carbinol - 150 mg,**

**di-indolilmetan - 50 mg,**

**resveratrol - 25 mg;**

*excipients: filling agents:* microcrystalline cellulose, lactose, calcium stearate, silica dioxide amorphous; *capsule shell:* gelatin.

**NUTRITIONAL AND ENERGY VALUE (CALORIC VALUE) PER 100 g OF THE SUPPLEMENT:** proteins – 15.0 g, carbohydrates – 1.1 g, fats - 0 g; 273.7 kJ (64.4 kcal).

**INDOMIROL®** is a balanced complex of non-hormonal biologically active substances, the functional properties of which help maintain the normal balance of female reproductive hormones, reduces the risk of the development and progression of estrogen-dependent conditions.

**RECOMMENDATIONS FOR USE:** **INDOMIROL®** is recommended for normalizing the functional status of the reproductive and genital system in women. A complex of non-hormonal biologically active substances contained in **INDOMIROL®** helps normalize estradiol metabolism, selectively binds to estrogen receptors, has antiproliferative and antioxidant properties.

**INDOMIROL®** is recommended in:

- **mastopathy**
- **endometriosis**
- **adenomyosis and ovarian cysts**
- **uterine myoma (uterine fibroids)**
- **cervical erosion and dysplasia of various origin**
- **premenstrual syndrome**
- **to reduce the risk of estrogen-dependent hyperproliferative conditions in the menopause**
- **papillomatosis**
- **adhesion prevention following gynecological surgeries**

**METHOD OF ADMINISTRATION AND RECOMMENDED DAILY**

**DOSE:** adults (women) should take 1 capsule 1-2 times daily after meals swallowed with plenty of drinking water. The treatment course is 3-6 months. The course can be repeated if needed.

**Medical advice is recommended before taking the product.**

**CONTRAINDICATIONS:** pregnancy and lactation, individual intolerance of the ingredients.

**Do not exceed the stated recommended quantity for daily intake.**

**Should not be used as a substitute for a balanced diet.**

**PHARMACEUTICAL FORM:** capsules with the contents weight of 360 mg  $\pm$  7.5 %.

**STORAGE CONDITIONS:** store in the original package at temperatures 4 to 25°C, in a dry place protected from light, out of reach of children.

**MANUFACTURING DATE:** see the manufacturing date on the package.

**SHELF LIFE:** 24 months from the manufacturing date.

**MANUFACTURING BATCH NUMBER:** specified on the package.

For more information, please  
contact us on +380 44 454 01 00  
or visit [www.nutrimed.ua](http://www.nutrimed.ua)

**Manufacturer: NUTRIMED Ltd**

***Main office:***

Predslavinskaya street 43/2 ♦ Kiev ♦ 03150 Ukraine  
+380 44 454 01 01 ♦ [info@nutrimed.ua](mailto:info@nutrimed.ua)