Diindolylmethane (DIM) Information Resource Center

An Initiative of Faculty Members and Research Fellows at the University of California at Berkeley

Mission

The goal of the Diindolylmethane Information Resource Center is to provide an accurate summary of Diindolylmethane for consumers and biomedical investigators. It is a collaborative initiative of faculty members and research fellows at the University of California at Berkeley.

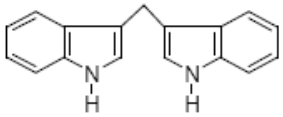
News Brief from UC Berkeley

A Bioavailable Diindolylmethane Immune Support Formula has been launched with technology exclusively licensed from UC Berkeley as a fund-raiser for nature-based cancer therapeutics research. For more information about this formula, please visit: **www.ActivaMune.com**.

Diindolylmethane Molecular Weight, Crystalline Characteristics & Molecular Structure

Diindolylmethane has a molecular weight of 246 and is pale yellow in crystalline form. The purified compound does not have any taste.

3,3'-Diindolylmethane



About DIM

Diindolylmethane (DIM) is a natural compound formed during the autolytic breakdown of glucobrassicin present in food plants of the *Brassica* genus, including broccoli, cabbage, Brussels sprouts, cauliflower and kale. The autolytic breakdown of glucobrassicin requires the catalytic reaction of the enzyme myrosinase which is endogenous to these plants and released upon rupture of the cell wall.

Solubility and Bioavailability

Diindolylmethane is a lipophilic oil-soluble compound. Similar to other oil-soluble phytochemicals, the presence of oil and other lipophilic compounds, such as phosphatidylcholine and Vitamin E, greatly increases the absorption and bioavailability of DIM upon oral administration.