

## INDELLA-3

### Instructions

#### on medical use of the drug

**Trade name of the drug:** Indella-3.

**International nonproprietary name:** Catechins + indole-3-carbinol.

**Dosage form:** Tablets for oral administration.

**Pharmaco-therapeutic group:** dietary supplement.

**Compound:** Each tablet contains:

Epigallocatechin 3-gallate (Epigallocatechin 3-gallate) .....	62 mg;
Epicatechina gallate (Epicatechin gallate) .....	17 mg;
Epigallocatechin (Epigallocatechin) .....	13 mg;
Epicatechin (Epicatechin) .....	9,7 mg;
Gallocatechin gallate (Gallocatechin gallate) .....	7,4 mg;
Indole-3-carbinol (Indole-3-carbinol) .....	100 mg.

**List ingredients:** Epigallocatechin-3-gallate, epicatechin gallate, epigallocatechin, gallocatechin gallate, epicatechin, indole-3-carbinol, sorbitol, stearate magnesium.

#### Pharmacological properties:

##### Pharmacodynamics:

The active components block pathological proliferation and tumor neoangiogenesis, activate apoptosis of tumor cells, and also have anti-inflammatory and antibacterial effects. It is recommended to improve metabolism and the general functional state of a woman's body, normalize the balance of female sex hormones, reduce the risk of functional disorders due to increased production of female sex hormones (estrogens). They contain flavonoids, biocarbinols, catechins, organic acids and other biologically active substances involved in metabolism and the metabolism of estrogen hormones.

*EGCG* is a water-soluble catechin, a special type of flavonoid that is most often found in tea, cocoa and berries. Includes essential catechins such as gallocatechin gallate, epicatechin, epicatechin gallate, epigallocatechin 3-gallate, epigallocatechin. Green tea catechins are powerful antioxidants, neutralizing the effects of free radicals, preventing damage and destruction of body cells, and helping to prevent the appearance of neoplastic processes. Also, catechins, by causing apoptosis and cell cycle arrest only in tumor cells, help suppress the development of oncological processes without affecting normal cells. Thanks to the catechins contained in green tea, the risk of cancer is reduced. Catechins fight cancer cells, providing a reverse effect at all stages of cancer. They inhibit angiogenic growth factors and their receptors, prevent the formation of new vessels, thereby suppressing the blood supply to the tumor. Thanks to catechins, the development of blood vessels in the fibroids stops, and the penetration of cells from the endometrium into other layers of the uterine wall (endometriosis) is prevented. They have a fairly pronounced anti-inflammatory effect and are used as a prophylaxis against the development of adenomyosis and hyperplasia of the endometrial layer. Green tea catechins also exhibit an anti-inflammatory effect: due to the selective suppression of the production of COX-2 enzymes by the human body (without affecting COX-1). Green tea catechins also reduce the fragility and permeability of capillaries, suppress the formation of "bad" cholesterol (atherogenic, low density) and increase the level of "good" cholesterol (antiatherogenic, high density), thus preventing the development of atherosclerosis, myocardial infarction and stroke. A mixture of catechins has an antimicrobial effect. Catechins also enhance the effect of indole-3-carbinol.

*Indole-3-carbinol:* This substance is capable of suppressing any benign or malignant tumors caused by the effects of increasing estrogen levels. Indole-3-carbinol has an effective antiviral effect on HPV and leads to the death of cells affected by this virus. Indole-3-carbinol acts on the body as follows:

- Affects the metabolism of estradiol. Indole-3-carbinol reduces the level of "bad" hormones 4-ONE and 16-ONE (4 and 16 hydroxyestradiol) and increases the level of "good" 2-ONE (2-hydroxyestradiol). 2-ONE has high antioxidant activity and protects the female body from hormone-dependent malignant and benign neoplasms;
- Activates the strongest intracellular antioxidants (superoxide dismutase and glutathione peroxidase), which neutralize free radicals that contribute to the initiation of neoplastic processes;
- Suppresses the division of altered (infected with the human papillomavirus) cells of the mucous membrane of the cervix and thereby contributes to their death, without affecting healthy cells of the body. Indole-3-carbinol is especially effective in combination with catechins.

#### Indications for use:

- uterine fibroids;
- ovarian cysts;
- genital warts;
- adenomyosis : focal, diffuse and nodular;
- genital endometriosis (within the genital organs - uterus, ovaries) and extragenital (outside the reproductive system - navel, intestines, etc.);
- hyperplastic processes (hyperplasia of the uterus, cervix, mammary glands, mastopathy);
- cervical dysplasia associated with human papillomavirus (HPV);
- PMS;
- Pathological disorders during premenopause.

#### Directions for use and dosage:

The effect of the drug increases over time, so it is recommended to take it for 3 to 6 months, 2-3 courses per year. The duration of use and the need for a repeat course are determined by the doctor individually. Should not be used as a substitute for a complete diet. Take 1-2 tablets orally 2 times a day with meals or as recommended by a doctor. Based on the condition of the body, the severity of the disease, the patient's age and individual sensitivity to the drug, you can adjust the dose of the drug and the frequency of its administration up to three times a day.

#### Side effect:

Side effects from using the drug may include allergic reactions.

**Contraindications:**

- Individual intolerance to the components of the drug;
- Pregnancy and lactation;
- Age up to 12 years.

**Warnings:** Consult a physician if you are pregnant, sick, or nursing. Do not exceed the recommended dosage.

**Pregnancy and breastfeeding:**

The use of Indella -3 during pregnancy is contraindicated.

**Release form:**

Tablets No 30. 10 tablets in blisters. 3 blisters in a cardboard package along with an insert.

**Storage conditions:**

Store in a dry place, protected from light, at a temperature not exceeding 25 °C.

Keep the drug out of the reach of children.

Do not use the drug after the expiration date

**Conditions for dispensing from pharmacies:**

Without a doctor's prescription.

**Made for:**

**MAXX PHARM LTD**

**London, Great Britain**

