



CCOG

Women's Health Group
OBSTETRICS • GYNECOLOGY • MIDWIFERY

Dietary Supplements for Cervical Dysplasia

Studies have found that low levels of dietary intake of antioxidants and folate are associated with an increase incidence and severity of cervical dysplasia (CIN).

A diet high in antioxidants, folate, citrus and green leafy and cruciferous vegetables is recommended. Cruciferous vegetables contain a substance called Indole-3 carbinol. In clinical studies, an intake of the supplement Indole-3 carbinol at a dose of 200-400 mg per day or di-indolylmethane at 120 mg twice daily, has approximately a 50% remission rate of CIN. Folate supplements can also be taken at a dose of 25 mg per day.

Cruciferous vegetables include cabbage, broccoli, brussel sprouts and cauliflower.

Indole-3 carbinol can be found in some health food stores or at the following web site. This website has the best price (\$20/100 vs. \$20/30) www.theranaturals.com It comes in 100 mg tablets.