

Lipo-Flow

Support for Healthy Fat Metabolism*

Lipo-Flow helps support healthy fat metabolism through its specialized blend of lipotropic compounds such as choline, inositol, and methionine. These compounds support the breakdown of fat and removal of metabolic waste to promote healthy liver function. Without lipotropic compounds, fat and bile can become trapped in the liver impacting proper metabolism. 1,2,3,4

How Lipo-Flow Works

The choline in Lipo-Flow promotes cellular membrane structure and promotes healthy trans-membrane signaling. ^{•1,2} Choline supports healthy fat metabolism through these cellular processes. ^{•2} Choline also works in conjunction with inositol to metabolize fat. ^{2,3} Methionine is an essential amino acid needed to produce choline, and it supports taurine synthesis, another amino acid involved in healthy fat metabolism. ^{•4,5}

The formula is complemented with several flavonoids with antioxidant capacity that promote healthy cell-signaling to further support fat metabolism. $^{\bullet_6,7,8,9,10}$ Artichoke extract, dandelion root powder, beetroot powder, tangerine extract, and gentian extract all support healthy lipid oxidation and promote healthy inflammatory markers that positively impact fat accumulation in the liver. $^{\bullet_6,7,8,9,10}$

Lipo-Flow Supplementation

The ingredients in Lipo-Flow are dosed in a manner that is congruous with what research suggests to be effective and safe, particularly for supporting healthy fat metabolism.*

Clinical evidence and research cited herein show that the ingredients in Lipo-Flow may:

- Support healthy fat metabolism^{*}
- Promote healthy liver function
- Promote cellular efficiency
- Support cell membrane integrity



Form: 180 Tablets Serving Size: 2 Tablets

Ingredients	Amount	%DV
Choline (as choline bitartrate)	300 mg	55%
Artichoke Extract (whole herb; Cynara scolymus)	400 mg	**
Dandelion Extract (root; <i>Taraxacum officinale</i>)	250 mg	**
Beet Powder (root; Beta vulgaris)	200 mg	**
Inositol	150 mg	**
Tangerine Extract (peel; Citrus reticulata)	100 mg	**
Gentian Extract (root; Gentiana scabra)	100 mg	**
Taurine	100 mg	**
L-Methionine	100 mg	**

Other Ingredients:

Dicalcium phosphate, microcrystalline cellulose, vegetable stearic acid, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, Opadry® Nutrapure™ certified organic coating.

Directions:

Take two tablets with a meal three times daily or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.











GLUTEN-FREE DAIR

REE DAIRY-FREE

VEGETARIAN

NON-GMO

cGMP FACILITY

 These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



References:

- 1. Zeisel, S. H., & da Costa, K.-A. (2009). Choline: An essential nutrient for public health. Nutrition Reviews, 67(11), 615-623.
- 2. Hongu, N., & Sachan, D. S. (2003). Carnitine and choline supplementation with exercise alter carnitine profiles, biochemical markers of fat metabolism and serum leptin concentration in healthy women. *The Journal of Nutrition*, 133(1), 84–89.
- 3. Croze, M. L., & Soulage, C. O. (2013). Potential role and therapeutic interests of myo-inositol in metabolic diseases. Biochimie, 95(10), 1811-1827.
- 4. Martinez, Y., Li, X., Liu, G., Bin, P., Yan, W., Mas, D., Valdivie, M., Hu, C.-A. A., Ren, W., & Yin, Y. (2017). The role of methionine on metabolism, oxidative stress, and diseases. *Amino Acids*, 49(12), 2091-2098.
- 5. Murakami, S. (2015). Role of taurine in the pathogenesis of obesity. Molecular Nutrition and Food Research, 59(7).
- 6. Brown, J. E., & Rice-Evans, C. A. (2009). Luteolin-rich artichoke extract protects low density lipoprotein from oxidation *In vitro*. *Journal of Free Radical Research*, 29(3), 247-255.
- 7. Garcia-Carrasco, B., Fernandez-Dacosta, R., Davalos, A., Ordovas, J. M., & Rodriguez-Casado, A. (2015). *In vitro* hypolipidemic and antioxidant effects of leaf and root extracts of *Taraxacum Officinale*. *Medical Sciences*, 3, 38-54.
- 8. Lorizola, I. M., Furlan, C. P. B., Portovedo, M., Milanski, M., Botelho, P. B., Bezerra, R. M. N., Sumere, B. R., Rostagno, M. A., & Capitani, C. D. (2018). Beet stalks and leaves (*Beta vulgaris* L.) protect against high-fat diet-induced oxidative damage in the liver in mice. *Nutrients*, 10, 872-888.
- 9. Tung, Y.-C., Chang, W.-T., Li, S., Wu, J.-C., Badmeav, V., Ho, C.-T., & Pan, M.-H. (2018). Citrus peel extracts attenuated obesity and modulated gut microbiota in mice with high-fat diet-induced obesity. Food & Function (6).
- 10. Choi, R.-Y., Nam, S.-J., Lee, H.-I., Lee, J., Leutou, A. S., Ham, J. R., Lee, & M.-K. (2019). Gentiopicroside isolated from *Gentiana scabra* Bge. Inhibits adipogenesis in 3T3-L1 cells and reduces body weight in diet-induced obese mice. *Bioorganic and Medicinal Chemistry Letters*, 29(14), 1699-1704.