

Beta-TCP

GALLBLADDER & BILE SUPPORT

How can Beta-TCP help me?

Beta-TCP is a supplement that helps bile to flow freely.

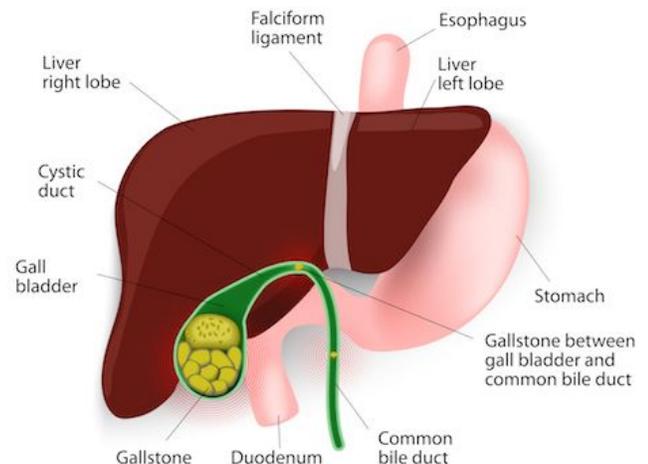
What is bile?

Bile has a number of important functions in the body:

- Bile emulsifies the fats we eat, breaking them down into tiny molecules called fatty acids that our body can absorb and utilize for energy, cell membranes, etc. As an emulsifier, bile acts on fat in intestines somewhat like how dish soap breaks up grease in a pan.
- Bile lubricates stool and stimulates muscles to push stool through our intestines.
- Bile shuttles toxins out of the body from the liver out through the stool.

How Things Can Go Wrong

Bile is made by the liver and stored in the gallbladder, a pouch-like organ that contracts and squeezes out its contents when natural fats are present in the diet and when sufficiently acidic chyme (partially digested food leaving the stomach) enters the duodenum (the first section of the small intestines). Ideally, bile should be thin, watery, and free-flowing,



allowing it to flow easily and enter the intestines when needed to emulsify fats and carry toxins out of the body.

But if the gallbladder doesn't contract and release bile on a regular basis, the bile stays stuck inside the gallbladder, becoming ever more sludgy and hard over time.

Not only can this lead to constipation and gallstones, but it also means that toxins are not eliminated.

Here are some common signs that the gallbladder needs some support:

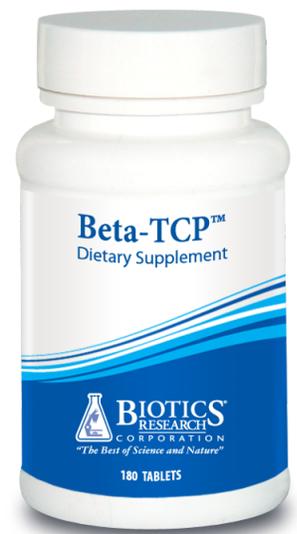
- nausea
- intolerance to fatty foods
- greasy or floating stools
- gas
- bloating
- constipation
- pain under the right ribcage
- pain between the shoulderblades

Ingredients in Beta-TCP

Beta-TCP is made with beet concentrate, pancrelipase, taurine, and Vitamin C, all of which work together to help thin the bile and get it moving again. Here's how each of these work to help your gallbladder:

Beet Concentrate

Beet concentrate helps thin the bile. It is made with concentrated, dehydrated beets.



Pancrelipase

Pancrelipase is made up of digestive enzymes that break up the fats, proteins, and carbohydrates in the food we eat to assist with absorption.

Taurine

Taurine is an amino acid that grabs onto bile salts and makes the body move them through the system faster.

Vitamin C

Vitamin C is an antioxidant that may help prevent the formation of gallstones.

How should I take Beta-TCP?

Beta-TCP is best taken with meals. You can do 2-3 tablets per meal or as recommended by your practitioner.

Adding good fats will also help signal your gallbladder to release its contents, so make sure each meal has some nutritious fats, including—but not limited to—virgin coconut oil, grass-fed butter, organic grass-fed beef tallow, organic pasture-raised lard, ghee, avocado oil, and extra virgin olive oil.

Further Gallbladder Support

In addition to supplementing with Beta-TCP, here are some other important ways to support proper gallbladder function and bile flow:

- Always eat in a relaxed, parasympathetic ("rest and digest") state.
- Eat small bites and chew thoroughly (20-30 times).
- Eat plenty of healthy fats (see above) and eliminate the bad ones: trans fats, vegetable oils (e.g. canola, corn, grapeseed, peanut, or soy), and anything hydrogenated (e.g. margarine, Crisco, etc.).