

Liver & Gallbladder Support



Supports Fat Digestion & Detoxification*

Liver & Gallbladder Support may benefit...

- Individuals without a gallbladder
- Anyone wishing to support liver or gallbladder function*
- Individuals who want support for fat digestion*
- People who suffer from occasional bloating, gas or GI distress*
- Individuals in need of detoxification support*

Liver & Gallbladder Support is designed to provide nutritional support for the liver and gallbladder.* We typically think of the heart and the brain as the most critical organs in the human body, but the liver is no less crucial. The short list of things the liver is responsible for includes detoxification, protein and fatty acid synthesis, blood sugar regulation, hormone balance and healthy digestion. Because the liver supports almost every other organ and tissue system in the body, healthy liver function is essential for optimal vitality and wellbeing.

One of the key processes of the liver is the production and excretion of bile, a substance that helps break down fats for digestion. (Bile, itself, does not digest fat; it breaks fats into tiny droplets, giving the enzymes that do digest fats more surface area upon which to work, which makes them more effective and efficient.) The liver produces bile, but bile is primarily stored in the small, pear-shaped organ known as the gallbladder. Besides being a storage tank for bile, the gallbladder also helps to maintain healthy bile flow: the presence of dietary fat stimulates the gallbladder to release bile at the appropriate time and in the appropriate amount. Individuals who have had their gallbladder removed still produce bile, but its secretion may not always be well-matched to the timing and amount of fat in their meals.

Certain nutrients are known to help keep bile flowing smoothly and efficiently. This is important because stagnation of bile may result in problems with digesting fats and, over the long term, may potentially result in compromised gallbladder function.



The blend of ingredients in this formula includes the amino acids taurine and methionine, beta-carotene, ox bile and inositol, which promote bile flow and aid the liver in its elimination of fatty substances.*

Other active ingredients include vitamins B6 and B12, and an herbal mixture consisting of milk thistle, artichoke and powdered beetroot, all of which support the liver's detoxification process and promote bile flow.* Milk thistle is a well-researched herb shown to foster regeneration of liver cells and aid in the flow of bile to promote healthy gallbladder function.* Artichoke strengthens the bile ducts and the gut.* Beetroot is an excellent source of betaine, which supports optimal digestion of essential fats and fatsoluble vitamins.* (Beet kvass, a traditional Eastern European beverage made from beets, has long been used as a digestive tonic for this reason.)

Recommended Use

- Take three capsules per day with meals, or as directed by your healthcare practitioner.
- Do not take this product if experiencing acute upper abdominal pain or if you have a bile duct obstruction.

*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.