

# REGU-BILE

## HELPS INCREASE BILE FLOW

BIO-Vega's REGU-BILE capsules are primarily composed of dandelion, which Arab doctors mentioned, more than 1 000 years before our era, the medicinal virtues against the disorders of the liver, the gallbladder, but also of the fever, the anemia or water retention. Today, it is mainly used to stimulate the flow of bile (cholagogue).



Dosage form ..... Capsule  
 Recommended route of administration ..... Oral  
 NPN ..... # 80000212

### Dosage

Dandelion (*Taraxacum officinale*, root) ..... 325 mg (10:1, QCE 3 250 mg)



We guarantee our natural health products made in Canada and contain **NO GMOs and NO Pesticides**. Our production processes comply with Health Canada's **Good Manufacturing Practices (GMP) Guidelines**.

### MEDICINAL PROPERTIES

- Purgative
- Bitter
- Detoxifying
- Stimulant
- Antioxidant
- Cholagogue
- Diuretic

### THERAPEUTIC INDICATIONS

#### ● Cholesterol

Animal studies have conclusively shown that dandelion can help normalize blood sugar levels and lower total cholesterol and triglycerides, while raising HDL (good) cholesterol. Further, other research suggests that diet induced hypercholesterolemic atherosclerosis is associated with an increase in oxidative stress and that dandelion can reduce the extent of atherosclerosis by reducing oxidative stress and serum TC, TG, LDL-C, and raising serum HDL-C. Dandelion may thus be considered beneficial for preventing hypercholesterolemic atherosclerosis and reducing risk factors for coronary artery disease.

#### ● Diabetes

Dandelion can be especially beneficial to diabetics by stimulating production of insulin from the pancreas and thus helping to maintain stable blood sugar levels. Further, because dandelion is diuretic in nature, it increases urination which helps remove any extra sugar from the body. In Europe, in fact, dandelion is regularly used as an integral part of a complex multi-targeted approach to the management of both Type-1 and Type-2 diabetes.

#### ● Digestive

Dandelion root is a very effective, mild laxative which can be used to help encourage improved digestion. It is also a potent appetite stimulant and can help soothe an upset stomach. Dandelion extract or tea further supports the digestive by stimulating gastric secretions which promotes the breakdown of fat and cholesterol. Finally, drinking dandelion tea before a meal can help assist weight loss by helping to satiate appetite, making one feel fuller, which typically translates into less calories being consumed.

#### ● Diuretic

Dandelion acts as a natural diuretic, increasing urination in both quantity and frequency, and helps expel the extra sodium accumulated inside the body. By stimulating more urine production, dandelion affects the blood volume and water balance in your body, causing excess fluid to move out of the body tissues. While the exact mechanism of the diuretic effects of dandelion is not well understood, scientists have confirmed that it has strong diuretic activity which is comparable to conventional diuretic drugs. However, the most important aspect of the diuretic action of dandelion is that the herb also

contains potassium. Unlike most diuretics, this natural preparation does not cause hypokalemia (potassium deficiency). In fact, unlike other diuretics, dandelion contains vast amounts of potassium that restore the mineral balance in the kidneys as toxins are flushed out.

#### ● Liver & gallbladder

One of the roles of the liver is to produce bile, which helps enzymes in the body break down fats into fatty acids, and to filter and detoxify our blood. The liver also has the amazing ability to break down and store amino acids, synthesize and metabolize fats and cholesterol, store glucose, and regulate many of our internal functions. Further, the vitamins and nutrients present in dandelions help cleanse the liver and keep them working optimally. Dandelions also support the digestive system by maintaining the proper flow of bile from the liver and gallbladder. Finally, dandelions are a good source of vitamin C, which supports mineral absorption, helps modulate inflammation and prevents the development of disease.

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### OUR MANUFACTURING METHODS

If all wines are not born equal, the same goes for phytotherapy products. Thus, BIO-Vega products are distinguished by:

- The **care** with which raw materials are selected.
- The **wide variety of plants and natural substances** used in the compositions.
- The **extraction methods** are inspired by both traditional methods and spagyric methods based on alchemical principles in order to extract the full therapeutic potential of plants. In fact, the substances extracted from the plants are first separated, treated and then combined again to provide an essence containing all the curative elements of the plant, including the trace elements while preserving the whole life force of the plant.

But above all, the great distinction of BIO-Vega products lies in **the exclusivity of its recipes** strongly influenced by the ancient traditions of Chinese as well as Oriental medicine, and in the variety and finesse of the methods of extraction of the active elements of plants and natural substances.

### REGU-BILE PLANT

#### ● Dandelion

Dandelion assists the liver in myriad ways - its high concentration in antioxidants for instance, helps keep the liver functioning optimally and protects it from free radicals, toxins and the aging process in general.

Part of a large genus of flowering plants in the asteraceae family, the dandelion, or *taraxacum officinale*, is a perennial native to Europe and Asia, where it's believed to have evolved into its present-day form some thirty million years ago. The dandelion gets its name from the French "dent-de-lion", or "lion's teeth" which references the jagged edges of leaves at its crown that resemble the teeth of a lion. Today, dandelion species can literally be found throughout the world.

### OUR MISSION

**BIO-Vega is a Canadian (Quebec) Natural Health Products company whose mission is to offer high quality natural health products to help you heal yourself and stay naturally healthy.**

Though widely seen as an invasive weed that takes over lawns and gardens, the dandelion has also long been prized for its potent therapeutic properties in both traditional Native American and Arabic cultures, as well as in ancient and contemporary Europe and China.

Nutritionally speaking, the dandelion is a true powerhouse. It is an exceptionally rich source of beta-carotene, as well as vitamin C, fiber, potassium, iron, calcium, magnesium, zinc, and phosphorus. It's also a very good source of many of the B vitamins such as thiamine, riboflavin, niacin, folic acid and pantothenic acid, as well as is plentiful in trace minerals, organic sodium, and vitamin D. In addition, dandelion supplies considerable quantities of inulin, choline, essential fatty acids, antioxidants, as well as many powerful phytonutrients that help modulate inflammation throughout the body. Biologically active compounds that have been identified in dandelion extract include taraxasterol, pseudotaraxasterol, taraxacin, isolactuciferol, cycloartenol and esculetin, among others.

The remarkable nutritional density of dandelion, most notably its high concentration in vitamins, calcium, potassium and other trace minerals imparts it with its renowned diuretic effects. Further, the dandelion is considered a bitter plant, which is a direct reflection of its dense flavonoid content (carotene-β, carotene-a, lutein, crypto-xanthin and zeaxanthin), and thus makes it an excellent "blood purifier". These flavonoids also greatly assist the digestive process, by gently stimulating

appetite and balancing intestinal flora, and supporting overall gastrointestinal health as well as stimulating immune function.

Dandelion also helps increase the release of stomach acid and bile to aid the digestive process, especially that of fats, and as a potent diuretic, it enables the kidneys to clear out wastes, sodium, and excess water by increasing urine production, thus naturally supporting kidney function. In turn, dandelion's diuretic properties inhibit bacterial growth in the urinary tract, and thus help protect against UTIs.

Further, dandelion has been shown to improve liver function by supporting the detoxification process and reestablishing both hydration and electrolyte balance. Dandelion in fact assists the liver in myriad ways - its high concentration in antioxidants for instance, helps keep the liver functioning optimally and protects it from free radicals, toxins and the aging process in general.

Finally, stretching the traditional therapeutic application, The Dandelion Root Project started at the University of Windsor in 2009, in a bid to investigate the anticancer effect of the root extract of dandelions against cancer cells in the lab (in both cells and animal models). As part of this investigational endeavour, researchers have thus far been able to show that there seems to be a "kill switch" on leukemia cell receptors (through a process called apoptosis (cell death)), and that dandelion extract may be able to access these kill switches. Though further study is necessary, researcher thus far is quite promising. ●



### CONCOMITANT PRODUCTS

Dandelion is great as a standalone support for water retention, recurrent UTIs, sluggish liver, digestive issues and as general support for the kidneys. It may also be combined with other herbs as part of an overall therapeutic approach addressed to the gastrointestinal system, liver or urinary tract. Some of these adjuvant herbals include hawthorn, horsetail, juniper, parsley, hibiscus, milk thistle, burdock, artichoke and turmeric, among others.