

# HEPATO-DETOX

## PROMOTES LIVER HEALTH

Hepato-Detox is a particularly valuable liver supportive and protective formula made up of four powerful herbals, which can easily be incorporated into your daily lifestyle hygiene, to optimize liver health. Let's explore the formula.



Dosage form ..... Capsule  
 Recommended route of administration ..... Oral  
 NPN ..... # 80010675

### Dosage

Artichoke (leaves) ..... 110 mg  
 Boldo (leaves) ..... 110 mg  
 Dandelion (roots) ..... 110 mg  
 Milk Thistle (seeds) (standardized at 80% silymarin) ..... 65 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

- Hepato-protective
- Anti-inflammatory
- Antioxidant
- Choleric
- Detoxifying
- Antiemetic
- Cholagogue
- Lipid lowering

### THERAPEUTIC INDICATIONS

#### ● Cholesterol

The liver is responsible for endogenous cholesterol production. As such it should come as no surprise that phytotherapeutics that have an effect on the liver will invariable have one on cholesterol as well. Milk thistle benefits heart health as well as helps lower cholesterol levels by modulating inflammation throughout the body, cleaning the blood and preventing oxidative damage within the arteries. In fact, science has shown that when milk thistle extract is used in combination with other traditional treatment methods, total cholesterol, LDL cholesterol and triglycerides levels all improve.

Both boldo and artichoke are effective and well recognized treatments to help lower cholesterol. In fact, a very compelling recent study performed a randomized, double-blind, placebo-controlled trial on nearly 150 adults with total cholesterol over 280—well into what is considered "high risk". The participants who took the artichoke extract for six weeks saw their levels of low-density lipoprotein (LDL), or bad cholesterol, fall by 23 %, compared to 6 % in the placebo group.

Finally, dandelion has scientifically been

proven to be beneficial in preventing hypercholesterolemic atherosclerosis and reducing risk factors for coronary artery disease.

#### ● Detox - Liver Health

Liver supportive herbals are a must for cleansing, and especially for anyone with an existing liver dysfunction or having had a known exposure to toxins. In fact, phytotherapeutic agents act in a similar fashion to detoxify other synthetic chemicals that find their way into our bodies, from acetaminophen and alcohol to heavy metals and even radiation.

More specifically, milk thistle is known to increase glutathione levels in the liver by up to 35 % (glutathione, an important antioxidant, being considered the body's master detoxification system). The silymarin in milk thistle has also been observed to increase superoxide dismutase, another one of the body's most important antioxidant enzymes for combating free radical damage. Boldo, as well is extremely effective to support the detoxification process, by stimulating the release of bile, thus facilitating the removal of wastes and toxins through the liver. Boldo has further proven to safeguard

liver cells from damage by an overaccumulation of toxins in the body.

#### ● Digestive health

While milk thistle, artichoke, dandelion and boldo, and other classic liver tonics, all help regenerate liver cells as well as protect and improve the organ's functions, these powerful herbals are also invaluable to help support and facilitate the digestive process. Specifically, artichoke was traditionally used to alleviate indigestion. In fact, the cynarin contained in an artichoke is known to increase bile production, which in turn helps the body digest fats more efficiently, better absorb the fat-soluble vitamins, and facilitate the digestive process as a whole. Indeed, science tells us that artichoke reduces the symptoms of irritable bowel syndrome (IBS) and functional dyspepsia, through its ability to improve fat digestion. Further, milk thistle helps support the endocrine and gastrointestinal systems by aiding in the production of bile and enzymes. It also helps purify the body of metabolic wastes, thereby regulating the function of the gallbladder, kidneys and spleen, and thus supporting the digestive process as a whole.

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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 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.

### THE PLANTS OF HEPATO-DETOX

#### ● The artichoke

A member of the sunflower family, the artichoke (*Cynara scolymus*), is actually a perennial thistle of Mediterranean origin. Widely recognized as a premium SuperFood offering countless benefits to health, the artichoke supplies ample nutrition, as well as antioxidants, dietary fiber and powerful hepato supportive and protective compounds.

The artichoke's leaves, which have an exceptionally high concentration of biologically active compounds, have scientifically proven to be of great medicinal benefit, offering a host of therapeutic properties. Indeed, the artichoke is recognized as a potent diuretic and choleric, that stimulates the flow of bile

### 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.

from the liver and gallbladder. The artichoke in fact, has a long and well-documented history as an effective natural solution for enhancing liver function, as well as for treating both acute and chronic liver and gallbladder diseases, jaundice and hepatitis.

#### ● Boldo

Boldo (*Peumus boldus*) is an evergreen tree originating in the Andes mountains of South America, and has been extensively used in traditional Chilean medicine to treat various forms of hepatic and gastrointestinal conditions. Boldo leaves, which contain numerous alkaloids and about 2% essential oil (cymene, eucalyptol, ascaridole and linalool being the primary constituents), have long been prized for their potent medicinal benefits.

Today, boldo is still considered one of the best phytotherapeutics for many digestive disorders such as bloating, heartburn, and poor nutrient absorption. Most remarkably, boldo naturally enhances detoxification of the liver and protects against liver damage from various hepatotoxic drugs, toxins and other substances. Additionally, boldo leaves have a mild diuretic, mucosal protective, antiseptic and slightly calming effect, as well as stimulate the excretion of uric acid, making it a great all-around supportive for the digestive tract.

#### ● The dandelion

The dandelion (*Taraxacum officinale*), a perennial native to Europe and Asia, has long been prized for its potent therapeutic properties. In traditional Chinese medicine, among

others, dandelion was reportedly used to support overall liver health, protect and nourish bones and joints, as well as to stimulate urinary flow to promote detoxification.

From a nutritional standpoint, the dandelion is loaded with vitamins and copious minerals such as calcium, magnesium, iron, manganese and most notably potassium, which imparts it with its renown diuretic effects. Science has shown that dandelion improves liver function by supporting the detoxification process and reestablishing both hydration and electrolyte balance. In fact, 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, as well as toxins and the aging process in general.

#### ● The milk Thistle

A herbaceous plant belonging to the Asteraceae family, milk Thistle (*Silybum marianum*) has an extremely well documented medicinal use going back over 2,000 years for a wide variety of liver, kidney and gallbladder conditions, such as alcoholic cirrhosis, hepatitis, drug and alcohol induced liver damage, hepatitis, fatty liver and non-alcoholic fatty liver disease.



Literally hundreds of research studies, have confirmed the remarkable ability of milk thistle to protect the liver against virtually all types of damage: from accidental exposure to chemical pollutants, toxic side effects of medications, liver diseases such as hepatitis and even the self inflicted damage from overindulgence of rich food and alcohol. The active ingredient in milk thistle is silymarin, and the plant naturally contains up to 80% of this substance, which is the highest known concentration, and which guarantees the best therapeutic action. Silymarin protects liver cells by blocking and/or neutralizing various hepatotoxic compounds that it may come into contact with, thus supporting, protecting and preserving liver health. ●

### CONCOMITANT PRODUCTS

Artichoke, Boldo, Dandelion and Milk Thistle are all extremely well researched and scientifically proven phytotherapeutic agents for the support of liver and gallbladder health. Hepato-Detox may be combined fairly liberally with other like-minded plants that have liver supportive properties such as Chanca Piedra, Chikory Root, Greater Celandine, Turmeric, Yellow Dock Root and Peppermint, among others. In turn, it may also be used concomitantly with conventional medicines.