

Liver

45 and 90 vegetable capsules – Codes FE0210 and FE0206



A food supplement consisting of a combination of 8 high quality **plant extracts** such as milk thistle (80% silymarin), beetroot, black radish, turmeric (95% curcuminoids), dandelion (3% flavonoids) artichoke leaves (5% cynarine), schizandra (9% schisandrins) and reishi (30% beta-glucans).



HEALTH CLAIMS (EU Regulation 432/2012): Milk thistle, dandelion, artichoke, turmeric, and schizandra are plants which help maintain the health of the **liver**. Artichoke contributes to **intestinal** comfort, and curcumin helps reduce the inflammation and **oxidative stress**.

Vegan. Ovo-lactovegetarian. Gluten free. Dairy free.

FORMAT/S: 45 and 90 vegetable capsules

FORMULA

Ingredients: Milk thistle extract (*Silybum marianum*), oriental radish root (*Raphanus sativus* var. *niger*), beet root (*Beta vulgaris*), turmeric extract (*Curcuma longa*), dandelion root extract (*Taraxacum officinale*), schizandra fruit extract (*Schisandra chinensis*), artichoke leaf extract (*Cynara scolymus*), reishi extract (*Ganoderma lucidum*), anticaking agents (magnesium salts of fatty acids and silicon dioxide), vegetable capsule (glazing agent: hydroxypropylmethylcellulose; purified water).

Nutritional information:	3 capsules
Milk thistle ¹ (<i>Silybum marianum</i>) (80% silymarin)	750 mg
Oriental radish (<i>Raphanus sativus</i> var. <i>niger</i>)	360 mg
Beet (<i>Beta vulgaris</i>)	360 mg
Turmeric ¹ (<i>Curcuma longa</i>)* (95% curcuminoids*)	150 mg
Dandelion ¹ (<i>Taraxacum officinale</i>) (3% flavonoids)	150 mg
Schizandra ¹ (<i>Schisandra chinensis</i>) (9% schisandrins)	150 mg
Artichoke ¹ (<i>Cynara scolymus</i>) (5% cynarine)	105 mg
Reishi ¹ (30% beta-glucans)	90 mg

¹ standardised extract / * providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin.

Cautions:

Consult a health-care practitioner if you are pregnant or breast-feeding, if you are treated with medication, or if you have a special medical condition. Do not use if you are allergic to plants of the Asteraceae/Compositae/daisy family.

Recommended daily dose:

1 or 2 capsules three times daily before meals. Maximum 6 capsules daily.
Do not exceed the stated recommended daily dose.

Indications and uses:

Different studies have shown the ingredients in **Liver** can relieve the following conditions:

- Problems related with the liver and its function, offering a well-rounded plan for reconstruction, cleansing and detoxification.
- It provides the perfect protection for smokers and drinkers and people who live or work in highly polluted areas.
- It alleviates stress and strengthens the liver's ability to eliminate toxins under the connective tissue of the skin, leading to healthy, glowing skin.

DETAILS:

Liver is a formulation with 8 ingredients well known for their beneficial effects on the liver. This formula nutritionally supports the liver's ability to maintain its normal function. The nutrients have shown positive effects in the treatment of almost all hepatic diseases due to their ability to inhibit the factors responsible for hepatic damage. These nutrients have tonic properties that help the spleen, pancreas and kidneys.

Liver also helps dissolve kidney and gallstones and stimulates liver cell reproduction, and is good for hepatitis, jaundice, anaemia, acne and skin conditions. For this reason, good liver function results in young looking skin, free of age spots, and favours clear vision since eye health depends on liver health.

Other nutrients in **Liver** act as powerful antioxidants, inhibiting lipid peroxidation in liver cells. It also contains water soluble peptides, rich in methionine; this amino acid contains sulfur, with strong antioxidant properties that detoxify the liver, helping with the rejuvenation process.

Liver is a complete formula that helps the liver continue its work. It helps eliminate depression, headaches and unhealthy skin due to excessive toxins.

INGREDIENTS:

MILK THISTLE: contains flavonoids (silybin, silydianin, silymarin). This plant has been valued for centuries for its medicinal and nutritional properties. In the Middle Ages the seeds were used to treat liver disorders and promote bile flow, and as a general tonic for the stomach, gallbladder, female organs and liver ^(1,2).

Numerous clinical trials have shown that silymarin, one of the flavonoids in milk thistle, counteracts the toxic effects of a variety of venoms, including alcohol, carbon tetrachloride, acetaminophen overdose and the mushroom *Amanita phalloides* ⁽³⁾. The mechanism of action of silymarin involves altering the membranes of hepatic cells in order to inhibit the passage of toxins and increase cell regeneration by means of protein synthesis stimulation ^(1,2,4).

Silymarin also acts as an antioxidant and inhibits inflammatory enzymes. Recent research indicates that silymarin helps protect against glutathione exhaustion in liver cells. Milk thistle extract has been the object of numerous studies and clinical tests due to its powerful properties that protect and regenerate the liver ⁽¹⁻⁶⁾.

ORIENTAL RADISH: This important ingredient can lower bilirubin blood levels through its liver cleansing action. Radish has been proven one of the best plants for treating gallbladder congestion. It regenerates, cleans and regulates liver function ⁽⁷⁻⁹⁾.

BEETROOT: Beetroot is especially useful for stimulating, cleansing and regenerating the liver. It increases bile flow to the intestine and improves liver enzymes (AST, ALP) and cholesterol (LDL and HDL) in patients with non-alcoholic fatty liver disease ⁽¹⁰⁻¹²⁾.

TURMERIC: Turmeric contains curcumin, a volatile oil. Curcumin has shown similar liver protection to that of silymarin, and this protection is the result of its powerful antioxidant activity. Curcumin also has antiinflammatory and choleric effects, increasing total bile acid production by 100% ⁽¹³⁻¹⁵⁾. It acts in synergy with dandelion, artichoke and milk thistle.

DANDELION: The main therapeutic action of this plant lies in its content of taraxacin and several terpenoids. It also has relatively high amounts of choline, an important nutrient for the liver. It is pharmacologically related to digestion, liver function and diuresis. Dandelion root stimulates bile and improves liver congestion, bile duct inflammation, hepatitis and gallstones. The bile-increasing action of this plant is two-fold: on the one hand it directly affects the liver, increasing bile production and flow to the gallbladder, and on the other hand it has a diuretic effect on the gallbladder, causing its contraction and release of retained bile.

The high choline content of the root might be the greatest factor in the plant's ability to act as liver tonic ^(13,14).

SCHISANDRA: This plant has a long history in traditional Chinese medicine because of its curing properties for a multitude of diseases, and currently numerous studies have proven its effectiveness. Clinical trials highlight its liver protective and detoxifying effects thanks to its content in antioxidant lignans, especially schisandrin, which is found in the seeds of the fruit. It has adaptogenic activity, improving the body's ability to face stress, whether it be mental, physical (such as blood sugar variation) or environmental (atmospheric pressure). It also has the property of modulating the immune system, improving both cell mediated immune response and humoral immune response ⁽¹⁹⁻²¹⁾.

ARTICHOKE: Artichoke contains 5% Cynarine and Scolymoside, which have been proven to stimulate bile secretion. Cynarine has been shown to be effective at lowering cholesterol and triglycerides, and it also exerts a regenerative action on liver cells. Artichoke has diuretic properties and has been used to treat ailments of the liver and kidney as well as poor digestion ^(22,24).

REISHI: used and known as Lingzhi in traditional Chinese medicine for thousands of years, today it remains one of the most widely used medicinal mushrooms due to its wide variety of properties. Reishi is its name in Japan and translates as 'the mushroom of immortality' and 'the elixir of life' as it is well known for increasing longevity and as an adaptogen, improving the body's ability to adapt to changes and various stressors (physical, mental or emotional). The triterpenes present in reishi are

also attributed with other properties, such as hepatoprotective effects, which is why it has been used in liver diseases ⁽²⁵⁻²⁷⁾. Clinical studies show that its extracts are effective in patients with chronic hepatitis B ⁽²⁸⁻²⁹⁾.

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