

LIVER HEALTH

For Ultimate Support of
Healthy Liver Function*



ALCOHOL-FREE CONCENTRATED EXTRACTS OF:

FORMULA	MG EXTRACT PER 2 CAPSULES	
Milk Thistle seed	(<i>Silybum marianum</i>)	100 mg
Turmeric rhizome	(<i>Curcuma longa</i>)	100 mg
Schizandra berry	(<i>Schizandra chinensis</i>)	100 mg
MSM	(Methylsulfonylmethane)	100 mg
Chinese Skullcap root	(<i>Scutellaria baicalensis</i>)	56 mg
Licorice root	(<i>Glycyrrhiza glabra</i> & <i>G. uralensis</i>)	20 mg

STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE

Silymarins (from Milk Thistle) 80 mg

FORMULA FOR LIVER SUPPORT

This powerful liver-protective formula helps to prevent the free-radical damage to liver tissue that is generated during stressful engagement with so-called toxins. When a substance is metabolized in the liver, free-radicals are generated; this is a simple fact of Nature. There is an evolving understanding in modern Naturopathy that it is the free-radical response to a toxin that does the damage, rather than the toxin itself. What this formula endeavors to achieve, is a reduction in the damage that might occur as a consequence to the generation of free-radical molecules. By direct antioxidant action, as well as by enhancing the function of the liver, this formula exerts a powerful influence. The building of healthy tissue is also relevant for a number of herbs in this formula.

Milk Thistle seed has a long history of traditional use; primarily as a support to liver health. In modern times, we understand its ability to protect liver tissue from the free-radical stress generated during liver metabolism.

Simply stated, Milk Thistle seed has the following effects on the liver:

- It is a powerful antioxidant
- It increases the liver's natural antioxidant system (that is the "mixed function oxidation system" including cytochrome P-450)
- It protects against damage from toxins, in part, by strengthening cellular membrane stability
- It increases glutathione concentrations, resulting in better liver function

It is the combination of Milk Thistle's diverse actions that lend equal powerful support for the liver.

It is interesting to note that the benefits of a number of 'spice cabinet' herbs used from ancient to modern times (such as Black Pepper, Ginger, Cayenne, Garlic, Turmeric, etc.) are being brought more fully to light by modern science. One of these kitchen herbs, Turmeric root, is traditionally recognized to

DOSAGE

Liquid Phyto-Caps: 1 capsule, twice daily

DURATION OF USE

4-6 months

BEST TAKEN

with a small amount of warm water between meals.

support digestive and liver function. A cousin of Ginger, Turmeric is a powerful antioxidant. It also demonstrates liver-protective and normalizing effects. Like Milk Thistle, Turmeric aids liver function primarily by reducing the damage caused by the free-radical oxidation generated during its metabolism. Reducing this stress encourages normalized function of this metabolic organ.

Schizandra berry is a valued kidney and male tonic of the Traditional Chinese system of healing. Within this system it is often referred to as a 'king' or 'harmonizing' remedy, alluding to the broad-reaching influence of this small 'five flavored' berry. It is also deserving of great respect as an adaptogen (increasing non-specific resistance to stress). In fact, the power of its adaptogenic influence has been compared to the highly regarded Siberian Ginseng. The depth of modern research compiled over the years on its use attests to Schizandra's validity. It has been shown, specifically, to promote liver detoxification and to support function of the liver. In China, compounds derived from Schizandra are being used for liver support with greater effect than the silymarins from the Milk Thistle. In a similar manner as Milk Thistle, Schizandra increases in the liver's antioxidant systems while promoting the health of liver tissue. Schizandra has also been shown to increase liver cyclic AMP, which improves hormonal function at the cellular level. This in turn results in an increase in overall function. It simply cannot be overstated how valuable the Schizandra berry is to this formula.

Licorice root claims more than 3,000 years of use. Its early use to promote respiratory health is now being 'rediscovered' by modern scientific research. Licorice research indicates support for digestive health, among many reported effects. Like Schizandra, it increases cyclic AMP. Perhaps most relevant to this formula, however, is the ability of Licorice to protect against the damage caused by free-radicals to liver cells. Research has also shown that compounds from Licorice may protect against the body's self-inflicted liver impairment. In addition, Licorice is able to enhance the ability of the liver to

handle toxins. An entire book could be written on Licorice, for it is most definitely an extraordinary herb.

Chinese Skullcap has a long list of traditional applications to its credit, including use as a detoxifying and soothing herb. It is valued here as a powerful and soothing antioxidant. Similar to the other ingredients of this formula, Chinese Skullcap provides further support for the reduction of free-radical stress that is well-known to be generated at times of enhanced detoxification or challenges from external 'toxins'.

Note: The intention of this information is to represent the traditional use of the individual botanicals found in these formulas and to inform the reader of any evolving scientific inquiry relevant to the formula's ingredients.

COMPLEMENTARY HERBS / FORMULAS

Sweetish Bitters Elixir, Cell Wise, Hep-C

SAFETY EVALUATION/CONTRAINDICATIONS

Do not use this product during pregnancy or lactation.

KNOWN DRUG INTERACTIONS

Consult a physician if you are taking any pharmaceutical drugs.

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