

HERBAL LIVER SUPPORT

Practitioner Quality Compound

Active Ingredients

Each 10mL contains extracts equivalent to:

Globe Artichoke (<i>Cynara scolymus</i>)	3000mg
St Mary's Thistle (<i>Silybum marianum</i>)	1500mg
Dandelion Root (<i>Taraxacum officinale</i>)	1400mg
Schizandra (<i>Schizandra chinensis</i>)	650mg
Bupleurum (<i>Bupleurum falcatum</i>)	300mg
Rosemary (<i>Rosmarinus officinalis</i>)	150mg

Also contains:

Peppermint Oil (*Mentha piperita*)
Aniseed Oil (*Pimpinella anisum*)
Glycerol

Overview

Herbal Liver Support has been professionally formulated to provide a unique herbal liver trophorestorative complex. By directly targeting

liver regeneration, stimulating the detoxification pathways and protecting the hepato-biliary system, Herbal Liver Support is a well-balanced, pleasant tasting herbal blend. Six key liver herbs have been chosen from Western and traditional Chinese herbal medicines to produce a complex that covers all aspects of liver health.

On a daily basis we are faced with a constant influx of endogenous and exogenous toxins that our liver must metabolise into molecules for our body to excrete. The main causes of liver disease are environmental pollution, poor diet and virus infection, with drugs, alcohol, sedentary lifestyles and even stress being contributing factors.

In Traditional Chinese Medicine (TCM) the liver is correlated to the emotion of anger, and its health is linked to the health of the gallbladder and the eyes. It is well recognised in the West that the liver is



Globe Artichoke
(*Cynara scolymus*)

responsible for detoxifying the blood, synthesising bile, metabolising proteins, carbohydrates and fats as well as storage and metabolism of glycogen and certain vitamins. The liver is a unique organ in that it can regenerate itself, and this process is noticeably supported by hepatic specific herbal remedies.

Many herbs that treat the liver will also have a beneficial effect on the gall bladder and pancreas, and therefore can help to alleviate symptoms throughout the whole digestive system. A fundamental naturopathic philosophy is that when the digestive system is functioning well, the whole body can achieve homeostasis and optimal health. Even mild liver disease can lower the body's capacity to deal with toxins or process vital nutrients. Mild liver disease may present with vague digestive symptoms such as nausea, bloating or diarrhoea, and left untreated this may lead to severe liver complications or related health issues such as hormonal, metabolic or circulatory disorders.

The liver is responsible for a number of endogenous functions essential to the body including the synthesis and secretion of bile, vitamin A and D metabolism, cholesterol synthesis, hormonal metabolism, formation of clotting factors, storage of certain vitamins and glutathione production.

As the liver is our major detoxification organ of the body, inefficient metabolism of toxins can give rise to a variety of symptoms including fatigue, digestive problems, allergies, mood disorders, skin complaints,

poor hormone and vitamin metabolism and circulatory issues. Treating the liver is an essential consideration for all patients seeking a long term healthy outcome. Herbal Liver Support can be used to protect the liver or restore it back to health

Contraindications

Caution with people on medications that are metabolised through the cytochrome P450 pathways. For best results, take on an empty stomach away from concomitant mineral supplements. Do not use in pregnancy or lactation. Caution with diuretics, anticoagulants and cardiac medications. Do not use with gall bladder disorders or Ileus. Always read the label, keep out of reach of children and use only as directed. If symptoms persist consult your healthcare practitioner.

Administration and Dosage

Take 10mL twice daily in juice or water before food or as directed by your healthcare practitioner.

Herbal Vitality is a unique pleasant tasting herbal complex in a glycerol base. Glycerol has a slightly sweet flavour, which is enhanced with cinnamon and an essential oil component of aniseed and peppermint. A wide range of patients will find these extracts very palatable and easy to take.

Herbal Components

HERB NAME	DESCRIPTION
<p>Globe Artichoke (<i>Cynara scolymus</i>)</p> 	<p>Traditionally globe artichoke was used as a depurative, known to clear the complexion. Today it is still recognised as one of the main cholagogue herbs and is well known for its bile stimulating actions. These actions have been mainly attributed to the active component cynarin, although a full spectrum extract is ideal as other related compounds such as cynaropicrin support the effect of this main active. Exhibiting detoxifying, hepatoprotective and hepatotrophorestorative actions, globe artichokes' bitter action further provides choleric and cholagogue effects, making it an ideal treatment for many hepato-biliary conditions. These include functional gall bladder and bowel conditions as well as liver complications such as jaundice, hepatic insufficiency and hyperlipidaemia. Due to its cholesterol lowering ability, globe artichoke is the perfect choice for liver conditions associated with atherosclerosis.¹⁻³</p>

St Mary's Thistle
(*Silybum marianum*)



One of the most researched liver herbs, St Mary's thistle is the number one choice for liver restoration. Proven in clinical studies since the 1960's to effectively regenerate the liver and protect against toxin damage, St Mary's thistle is used in hospitals worldwide as a preventative to fatal poisoning following ingestion of the amanita mushroom. St Mary's thistle is unique in that it can regenerate the liver by helping to form new liver cells, protecting the liver from toxic chemical damage, reducing inflammation and increasing glutathione levels by up to 35%. St Mary's thistle is comprised of 2 to 3% flavanolignans collectively as silymarin made up of about 50% silybinin and other compounds. St Mary's thistle prevents glutathione depletion, enhances the glucoronidation pathways of phase II liver detoxification and inhibits phase I liver detoxification. St Mary's thistle can be effectively used for hepatitis, cirrhosis, alcoholic liver disease, fatty liver, mushroom poisoning, chemical toxicity, as well as mild liver disturbances and digestive disturbances. As the liver is the primary organ of detoxification and St Mary's thistle has a potent systemic antioxidant capacity, it reduces endogenous oxidative damage that can result from radical detoxification programs.⁴⁻⁸

Dandelion Root
(*Taraxacum officinale*)



Dandelion is both a liver and kidney tonic. The roots are used primarily to treat the liver and gall bladder, while the leaves are used more for their stronger diuretic action. It contains a high percentage of mineral components including potassium, making it a well balanced herb for liver detoxification as it replaces what is metabolically excreted. Dandelion root is slightly bitter giving mild laxative effects through stimulating liver function. As well as being anti-inflammatory and exhibiting antioxidant capacity, dandelion stimulates phase I liver detoxification in particular the CYP1A2 and CYP2E pathways in the liver. Dandelion is particularly implicated where there are digestive complaints associated with hepato-biliary conditions and exerts a mild cleansing action, helping to prevent daily toxins from accumulating.⁹⁻¹²

Schizandra
(*Schisandra chinensis*)



Schizandra has been used in TCM for centuries as a nervous system tonic for longevity, as it embodies the traditional five element theory through its wide range of therapeutic properties. Western herbalists have adopted schizandra mainly for its adaptogenic and liver tonifying effects. It enhances both phase I and II liver detoxification pathways, encouraging the metabolism of toxic compounds and reactive oxygen metabolites into easily excreted substances. Containing a number of minerals, vitamins and volatile oils, schizandra's key antioxidant action is attributed to its lignin components acting on inhibiting lipid peroxidation and superoxide anion production, in particular schizandrin which has been shown to exhibit an antioxidant activity stronger than that of vitamin E. Schizandra enhances mitochondrial glutathione antioxidant synthesis in the liver, improving mitochondrial antioxidant status and exerting specific hepatoprotective effects. Lignan compounds (gomisin) in schizandra have also been shown to have strong anti-inflammatory activity through inhibiting the arachadonic acid inflammatory cascade. Schizandra has been shown to be effective in treating hepatitis, inflammatory conditions, immune dysregulation, chemical sensitivity, oxidative damage, gastrointestinal disorders, neurological disorders and stress, improving over all health.¹³⁻¹⁷

Bupleurum
(*Bupleurum falcatum*)



Bupleurum is a herb that has been widely used in TCM for the past 2000 years as a liver tonic to strengthen disharmony between the liver and the spleen and to strengthen Qi. Western investigations have identified anti-inflammatory, immune-modulating and hepatoprotective actions for bupleurum, that can be directly attributed to its main active component saikosaponin and phytosterols. Bupleurum also exhibits digestive, diaphoretic, cytotoxic and cholesterol regulating capacity. Due to its immune-modulating, anti-inflammatory and liver protective actions, bupleurum is an ideal choice for acute and chronic inflammatory or autoimmune conditions such as hepatitis, liver toxicity or enlargement and chemical liver damage. Taken as a preventative, bupleurum will also help to protect against developing hepato-biliary conditions.¹⁸⁻²⁰

Rosemary
(*Rosmarinus officinalis*)



Traditionally used to improve memory and mental performance, rosemary has many varied uses today. High in essential oil components, rosemary's action on the liver is credited to the antioxidant phenolic compounds. Exhibiting strong antimicrobial, antiviral, antibacterial and anti-inflammatory activity, rosemary is applicable in cases of endogenous liver infection or systemic infection leading to toxic overload on the liver. Rosemary has been proven to enhance the antioxidant capacity of cerebral circulation by reducing lipid peroxidation which has been linked to degenerative cognitive disorders such as Alzheimer's disease. Primarily used as a digestive antispasmodic, rosemary is classed as a carminative, making it ideal for digestive related hepato-biliary complaints by improving hepatic and biliary function. A strong aromatic, rosemary exhibits hepatoprotective effects, exhibiting powerful endogenous antioxidant activity to provide a whole body tonic.²¹⁻²³

Peppermint oil
(*Mentha piperita*)



Known for its pleasant aromatic taste, peppermint exhibits a carminative action primarily attributed to its essential oil component menthol. Menthol has many notable actions amongst which are its antispasmodic, anti-inflammatory and analgesic actions, as well as free radical scavenging activity. Peppermint has been used for centuries as a digestive antispasmodic and is now clinically proven for its ability to relieve the symptoms of irritable bowel syndrome. Taken daily, peppermint will assist the gall bladder, liver and normalise peristaltic motion to ensure efficient digestive function.²⁴⁻²⁵

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