



## Liver Support (60 vcaps)

£21.90

Liver Support capsules provide specific nutrients that protect and assist the liver in carrying out its crucial functions related to digestion, detoxification and energy production.

**Milk Thistle** is a common herb containing the active ingredient silymarin, a powerful liver protective compound with antioxidant properties. Silymarin helps the liver work more effectively through three primary actions: by preventing harmful toxins from entering cells; by serving as an antioxidant that interrupts the course of free radical damage; and by stimulating regeneration of damaged liver cells.

**N-Acetyl-L-Cysteine (NAC)** is an important antioxidant with the ability to increase glutathione, a crucial antioxidant produced in the liver that deactivates free radicals. NAC is also used by the liver to help neutralise toxins from environmental pollutants and waste produced by the body.

**Alpha-Lipoic Acid** plays an important role in the generation of cellular energy and has the unique capability of providing antioxidant protection within both the fat and water portion of cells. In addition, alpha-lipoic acid increases the effectiveness of other antioxidants, such as vitamins C and E, all used by the liver to deactivate free radicals.

**L-Methionine** and **L-Cysteine** are two amino acids used by the body to increase glutathione levels and provide support against harmful toxins. L-Cysteine is also needed for the synthesis of taurine, another amino acid utilized in detoxification pathways.

**Taurine** can be synthesized within the liver from L-Cysteine and L-Methionine and is involved in several detoxification pathways. It is an important amino acid with the ability to deactivate toxins.

**Trimethylglycine**, also known as betaine, has been shown in clinical studies to be effective against the development of a fatty liver that can occur with the ingestion of alcohol. It is also a key methyl donor, a compound needed for many biological reactions.

Liver Support may be useful for individuals who wish to naturally enhance liver function with protective and antioxidant nutrients.

Taking this product together with a multiple vitamin/mineral supplement is suggested for more comprehensive support of liver function.

**Suggested Use:** 1 capsule twice daily with food.

**Cautions and Contraindications:** No adverse effects or drug interactions have been reported. Not recommended if you are pregnant or breast feeding.

This product was made in a GMP and ISO 9001:2000 registered facility.

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This information service is not intended to make any claims or provide medical advice. Please [www.bio-vitality.com](http://www.bio-vitality.com) for clinical references.

Bio-Vitality Limited, PO Box 493, Guernsey, Channel Islands, GY1 6BY

### Ordering Options:

By phone or in person at Maureen Gillanders Body & Skin Care Clinic, Fort Complex, L'Islet, Guernsey, GY2 4SN.

Online at [www.bio-vitality.com](http://www.bio-vitality.com) (through Amazon).

Any cheques to be made payable to Maureen Gillanders (Guernsey) Limited.

### Supplement Facts

Serving Size 1 Capsule

#### Amount Per Capsule

Milk Thistle ( <i>Silybum marianum</i> ) fruit, dried extract, min. 80% silymarin	200 mg*
N-Acetyl-L-Cysteine USP	150 mg*
Alpha-Lipoic Acid	50 mg*
L-Methionine	25 mg*
L-Cysteine	50 mg*
Taurine	50 mg*
Trimethylglycine (betaine)	150 mg*

\*Daily Value not established.

Other ingredients: Cellulose, Vcaps™ vegetarian capsule, water, silicon dioxide, magnesium stearate, and natural citrus flavor.