



LIVER-DX™

- **A dietary supplement to support liver health and detoxification functions.***
- **Liver-DX™** is a comprehensive formula designed to support liver functions in the following ways:
 - Phase I and Phase II liver detoxification.*
 - Fat metabolism.*
 - Antioxidant protection.*
 - Glutathione production.*
- **Phase I detoxification** involves a group of enzymes, known as the cytochrome P450 family, which are all imbedded in healthy cell membranes of liver cells. When cytochrome P450 metabolizes a toxin, it chemically transforms it to a less toxic form, and/or makes it water soluble for the Phase II enzymes.
- **Phase II detoxification** involves a process called conjugation, which neutralizes the toxin and makes it easily excreted through the urine or bile. There are six Phase II detoxification pathways: glutathione conjugation, amino acid (namely glycine) conjugation, methylation, sulfation, acetylation and glucuronidation.

Phase I detoxification support:

- Choline and Inositol are necessary components of all cell membranes.* It is essential for the membranes of liver cells to be healthy in order to support the Cytochrome P450 enzymes. Choline and Inositol also support fat and cholesterol metabolism within the liver.*
- **DIM (diindolylmethane)** is a naturally occurring sulfur compound found in cruciferous vegetables, like broccoli or cauliflower. It has been found to support both Phase I and Phase II liver detoxification as well as the detoxification of estrogen metabolites.*
- Biotin is a B vitamin which aids in cell growth, fat metabolism and energy generation.*

Phase II detoxification support:

- Calcium glucarate is a buffered source of glucuronic acid which supports glucuronidation.* The glucuronidation process aids the body in detoxifying and eliminating fungal toxins, steroid hormones, and automobile exhaust.
- **Milk Thistle** is an herb that has been used traditionally for liver health.* Its active constituent, silybin, acts as an antioxidant, supports glutathione levels, and normal liver cell regeneration.*
- **L-Methionine** is an amino acid necessary for the production of SAmE and the methylation pathway. Methionine is a sulfurcontaining amino acid that aids in fat metabolism and glutathione production.*
- **N-Acetyl Cysteine** is a derivative of the amino acid cysteine. Cysteine is an important amino acid for the formation of glutathione.*

- **L-Glycine** is important for the amino acid conjugation pathway which is used to combine with and neutralize unwanted substances.* Those individuals on a low protein diet may become deficient in the glycine conjugation pathway when chronically exposed to toxins.*
- **Alpha Lipoic Acid** is a fat and water soluble antioxidant that may help recycle other natural antioxidants involved in liver metabolism.*
- **Turmeric** is an herb that has been used in traditional medicine in India for centuries.* Turmeric has a rich store of antioxidants which help to protect cells from free radicals.* It has also been shown to support gallbladder function, an important organ involved in the storage and release of bile.*

**Supplement Facts
Amount Per Capsule**

Biotin	50 mcg
Calcium Glucarate	50 mg
Choline Bitartrate	200 mg
Milk Thistle (Silybum marianum) Seed Extract	200 mg
yielding Silymarin 160 mg	
yielding Silybin	160 mg
L-Methionine	100 mg
Turmeric	80 mg
N-Acetyl Cysteine	50 mg
Inositol	25 mg
L-Glycine	25 mg
DIM®	25 mg

(a patented enhanced bioavailability complex of starch, diindolylmethane, Vitamin E as d-alpha tocopheryl succinate, soy phosphatidylcholine, silica)

Other ingredients: vegetable cellulose, vegetable stearate, rice flour.

• **Contains: soy.**

Warning: If you are pregnant, nursing, or planning to become pregnant, do not take this product.

• **Suggested Use:** As a dietary supplement, take 1 capsule, twice daily.

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0600423.060 (60 Vegetarian Capsules)

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat cure or prevent any disease

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