



Liver G.I.

Introduced 2006



What Is It?

Liver G.I. promotes hepatic and gastrointestinal detoxification by providing nutrients and botanical extracts that enhance toxin elimination, digestion, intestinal motility, gut integrity and cell function.*

Uses For Liver G.I.

Liver Detoxification: N-acetyl-L-cysteine (NAC) and alpha lipoic acid are antioxidants that boost tissue glutathione levels and also play a role in binding heavy metals. The combined actions of curcumin and silymarin include enhancing phase II detoxification enzymes, supporting glutathione synthesis and promoting gastric, colon and liver cell functions. Sulforaphane, from broccoli sprout concentrate, is considered one of the most powerful inducers of phase II enzyme activity. Artichoke extract supports hepatic cell function and blood flow in the liver. The amino acids glycine, taurine and methionine support several detoxification pathways in the liver to neutralize toxins.*

Gastrointestinal Support: Glutamine helps to maintain healthy intestinal integrity, ensuring proper nutrient utilization while limiting the amount of toxins that pass through the intestinal barrier. Sulforaphane has demonstrated a role in maintaining healthy colon cell function. Artichoke extract aids the digestive process by promoting healthy bile flow and intestinal motility, optimizing nutrient utilization while reducing toxin exposure in the gut. Chlorella, the most studied “green food”, is traditionally celebrated for its digestive, cleansing and blood purifying properties. Furthermore, its nutrient rich matrix includes vitamins, minerals, protein, carotenoids, and flavone compounds.*

What Is The Source?

Alpha lipoic acid, taurine and L-methionine are synthetically derived. N-acetyl-L-cysteine is derived from duck feather. Turmeric extract is derived from the root of *Curcuma longa* and standardized to contain 95% curcuminoids. Milk thistle extract is derived from the fruit of *Silybum marianum* and standardized to contain 80% silymarin. Broccoli sprout concentrate is a 20:1 extract derived from *Brassica oleracea italica* and standardized to contain a minimum of 400 mcg

sulforaphane. Artichoke extract is derived from the leaves of *Cynara scolymus l.* and is standardized to typically contain 5% cynarins. L-Glutamine is derived from fermentation. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations recommends 1 capsule daily, with meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Some ingredients may cause gastrointestinal discomfort in certain individuals, including cramping, flatus, nausea, vomiting, diarrhea or dyspepsia. In rare cases, alpha lipoic acid may cause skin rash in sensitive individuals. Rare side effects of N-acetyl-L-cysteine and milk thistle include headache, dry mouth, itching and dizziness. Milk thistle and artichoke should be avoided by individuals with allergies to members of the aster (*Compositae/Asteraceae*) family, daisies, artichoke, kiwi or thistle. Artichoke and curcumin should be used with caution in patients with bile duct obstruction.

Are There Any Potential Drug Interactions?

Some studies have reported that milk thistle, curcumin and broccoli sprout extract can affect the way that the liver breaks down medications metabolized by the cytochrome P450 system, altering the effects of these medications and possibly the dose needed for treatment. Curcumin, broccoli sprout extract and chlorella may react with blood thinning medications. Consult your physician for more information.

(continued)

‡These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.

Liver-G.I.

one vegetarian capsule contains



alpha lipoic acid (thioctic acid).....	00	50 mg
n-acetyl-L-cysteine (free-form)		50 mg
turmeric (curcuma longa) extract (root)		50 mg
(standardized to contain 95% curcuminoids)		
milk thistle (silybum marianum) extract (seed).....		62 mg
(standardized to contain 80% silymarin)		
broccoli (brassica oleracea italica) sprout concentrate		50 mg
(whole plant)		
(standardized to contain a minimum of 400 mcg sulforaphane)		
artichoke (cynara scolymus l.) extract (leaf)		62 mg
taurine (free-form)		112 mg
glycine (free-form)		112 mg
L-glutamine (free-form)		112 mg
L-methionine (free-form)		50 mg
chlorella (chlorella pyrenoidosa) powder		100 mg
(cracked cell wall)		
other ingredients: ascorbyl palmitate, vegetarian capsule (cellulose, water)		
1 capsule daily, with meals.		

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