

**Livdetox™**  
**Liver Detoxification and Support**

**DESCRIPTION**

Livdetox™ tablets, provided by Douglas Laboratories®, contain several lipotropic nutrients and herbal ingredients to help maintain liver structure and function and support the liver’s metabolism of fat.†

**FUNCTIONS**

Livdetox™ contains several dietary constituents that have been shown to support the function and structure of the liver. † Choline, betaine, and methionine are involved in methyl group metabolism, which is essential for normal liver function. Choline, methionine and inositol are also lipotropic nutrients. A lipotropic nutrient promotes or encourages the export of fat from the liver. Lipotropics are necessary for maintenance of a healthy liver, and for burning the exported fat for additional energy. Without lipotropics, such as choline and inositol, fats and bile can become trapped in the liver, resulting in unfavorable conditions of the liver.

Choline, as an integral component of lecithin (phosphatidylcholine), is used for synthesis and maintenance of normal cell membranes. Choline deficiency may result in excess liver accumulation of fat. Human and animal studies show inositol and choline rich diets are associated with healthy liver function. † Taraxacum (dandelion) has been traditionally used as a detoxifying herb working principally on the liver and gallbladder and is thought to stimulate the elimination of toxins. †

*Silybum marianum*, milk thistle, is rich in flavonoids known collectively as silymarin. Silymarin has been shown to support and enhance normal, healthy liver function through three primary actions. By binding to the outer cell membrane, silymarin inhibits unwanted toxins from entering the cell. † Silymarin further protects the liver as an important component of the liver’s antioxidant defense. The liver generates potentially damaging, toxic free radicals and reactive oxygen species (e.g. peroxides) as a result of its normal metabolic and detoxifying functions. Left unchecked, these radicals can interfere with normal cell functions. Fortunately, silymarin provides support for free radical damage. † Furthermore, silymarin supports healthy levels of glutathione and superoxide dismutase, two primary antioxidants in the liver. † In addition to its protective functions, silymarin stimulates impaired liver cells to their normal physiological state. †

*Cynara scolymus* (artichoke) has been used medicinally for centuries. Similar to milk thistle, it is beneficial to the liver as it supports the liver against environmental toxins. Extracts of artichoke can stimulate the flow of bile from the liver and support liver cells from oxidative damage. Cynara’s usefulness in liver health is thought to be due to its content of caffeoylquinic acids, e.g. cynarin, and flavonoids.†  
 Curcumin has demonstrated potent antioxidant properties, and may also provide important support for healthy liver function. †

**INDICATIONS**

Livdetox™ may be a useful dietary supplement for individuals who wish to maintain the structure and function of a healthy liver.

**FORMULA (#7600)**

Three Tablets Contain:

Choline Bitartrate.....	1,500 mg
L-Methionine.....	15 mg
Inositol.....	150 mg
Betaine HCl.....	75 mg
Lecithin (Soya) Granulars.....	75 mg
Niacin.....	10 mg
Taraxacum (dandelion).....	50 mg
Curcumin.....	50 mg

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<i>Silybum marianum</i> (milk thistle) .....	50 mg
<i>Cynara</i> (artichoke).....	50 mg

Other Ingredients: Cellulose, vegetable stearate, silica

**SUGGESTED USE**

Adults take 3 tablets daily or as directed by a healthcare professional.

**SIDE EFFECTS**

No adverse side effects have been reported.

**STORAGE**

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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**For more information on Livdetox™ visit [douglaslabs.com](http://douglaslabs.com)**

† 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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