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, causing severe liver problems. Choline, as an integral component of lecithin (phosphatidylcholine), is used for synthesis and maintenance of normal cell membranes. Choline deficiency results in steep increases in serum enzyme markers of liver injury. Animals deficient in choline and inositol have an excess liver accumulation of fat. Inositol and choline supplementation of animals prone to fatty livers prevents this liver dysfunction. Taraxacum (dandelion) has been traditionally used as a detoxifying herb working principally on the liver and gallbladder. This herb is thought to stimulate the elimination of toxins and is one of the strongest cholagogues and choleretics known. Silybum marianum, milk thistle, is rich in flavonoids known collectively as silymarin. Silymarin has also been shown to support healthy liver function under a variety of environmental stress factors such as alcohol consumption and exposure to pollutants and other potentially harmful substances. Silymarin compounds are known for their antioxidant activities supporting lipid peroxidation by excessive free radical levels. Cynara scolymus (artichoke) has been used medicinally for centuries. Similar to milk thistle, it is beneficial to the liver as it protects it against environmental and toxins. Extracts of artichoke can stimulate the flow of bile from the liver and prevent cholestasis. It also can protect liver cells from oxidative damage. Cynara’s usefulness in liver support is thought to be due to its content of caffeoylquinic acids, e.g. cynarin, and flavonoids. Curcumin has been demonstrated to be a potent antioxidant, 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
- Silybum marianum (milk thistle) ................................50 mg
- Cynara (artichoke) .....................................................50 mg

Other Ingredients: Cellulose, vegetable stearate, silica
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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.

REFERENCES
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For more information on Livdetox™ visit 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.