



The liver and gallbladder act as a team to eliminate toxins and other agents from the body, as well as aid in proper digestion through the production of bile. Bile is a fluid that carries away waste and helps digest fat. If the liver or gallbladder becomes blocked by stones or inflammation, bile can back up. When this happens, nutrients (and digestive aids) cannot reach their destination. Problems with the liver and gallbladder can be magnified by eating too many refined foods, fats, and toxins. Supporting these organs is vital to long-term health.

Quality

From Seed to Supplement®

At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs.

For these reasons and many more, we proudly recommend Standard Process whole food supplements.

Liver & Gallbladder

Working as a Team to Keep Things Flowing



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Functioning Together

Liver—Filtering for Optimal Function

The liver performs a multitude of vital functions every day. Primarily, the liver filters blood coming from the digestive tract, before passing it to the rest of the body. Eventually, everything you eat, drink, breathe, and absorb through your skin passes through your liver. The liver also:

- ◆ Transforms certain nutrients into a form the body can use
- ◆ Aids in healthy immune system function
- ◆ Stores glucose (blood sugar) and releases it when you need energy

Gallbladder—Simply Storage

When you eat a meal, especially one containing fats, the gallbladder goes to work, releasing stored bile into the small intestine where it:

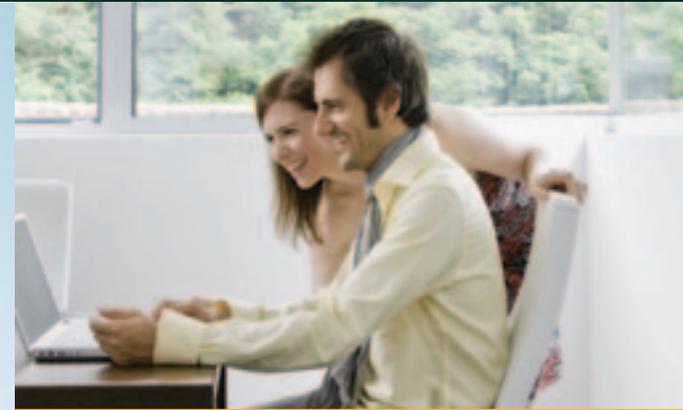
- ◆ Breaks down larger fat droplets into smaller pieces
- ◆ Helps the body absorb fat-soluble vitamins (A, D, E, K)
- ◆ Carries toxins from the body

Sustaining the Liver and Gallbladder

To function efficiently, the liver and gallbladder need targeted whole food nutrition, which can decongest these organs. Whole food supplements, from Standard Process, give the liver and gallbladder the support they need to manage toxins and waste while supporting healthy bile production and flow.*



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



A fast-paced lifestyle, exposure to toxins, and poor diet can all put stress on the liver and gallbladder. Ask your health care professional which Standard Process whole food supplements would be right for your health goals.

Liver and Gallbladder Support

A-F Betafood® (Liver and gallbladder)

- ◆ Supports bile production in the liver and healthy bile flow in the gallbladder
- ◆ Helps maintain healthy levels of fat in the liver*

Cholacol® (Liver and gallbladder)

- ◆ Helps enzymes break down fats
- ◆ Calms the digestive tract and helps with bloating and discomfort after eating*

Livaplex® (Liver)

- ◆ A whole food multivitamin for the liver
- ◆ Encourages healthy bile production and flow
- ◆ Aids in fat breakdown
- ◆ Supports natural liver detoxification
- ◆ Improves blood flow through the liver*

Hepatrophin PMG® (Liver)

- ◆ Contains extracts that specifically target the liver
- ◆ Helps renew and regenerate liver tissue*

