



# LIVER HEALTH

milk thistle, vitamins and botanicals

## THE WELLNESS PROBLEM

Every day your liver may be subjected to the damaging effects of highly processed foods, alcohol, drugs, environmental pollutants found inside and outside the home as well as stress. Modern lifestyles can impact on the healthy function of the liver which can in turn affect the way you look and feel on a daily basis.

There is no doubting the role your liver performs in helping you to maintain optimal health and wellbeing. As the largest gland in the body, it is also the most active processing centre; playing a part in as many as 500 separate biological functions!

When nutrients leave the gastrointestinal tract the liver metabolises, stores, repackages or sends them out for use by other organs. The liver plays a central role in neutralising and destroying drugs and toxins, plus it also plays a vital role in excreting the neutralised toxins and hard to digest fats via the gall bladder.

Toxins, stress, smoking, alcohol and exposure to environmental contaminants may affect the healthy functioning of the liver; interfering with enzyme production and causing oxidative damage.

## THE MODERE SOLUTION

Liver Health is formulated to help support the normal healthy detoxification process of the liver, no matter if you are doing a full detoxification program, spring cleanse or just want to help protect your liver on a daily basis.

Liver Health's prime ingredient is St Mary's Thistle (*Silybum marianum*), also known as Milk Thistle which has been associated with liver health since ancient times. The key constituent and biological active of the plant is the flavonolignan silybinin which is also extracted, concentrated and used for liver treatment purposes by modern medicine.

St Mary's Thistle can help to support the normal regenerative ability of the liver as well as enhancing the processes of antioxidation and detoxification. The antioxidants in Liver Health help to reduce the oxidation of proteins, lipids, hormones and other substances in the liver.

Dandelion also has a long history of use in traditional herbal medicine for liver health.

Many toxins are released through the liver and gall bladder, and by giving the body nutritional and herbal support you can encourage the healthy production and flow of bile which will assist in the elimination of toxins.



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## WELLBEING BENEFITS OF LIVER HEALTH

### Hepatic system health and functionality

- Traditional ingredients support the normal healthy detoxification processes of the liver
- Can protect liver cells from oxidation
- Protects the liver cells from agents considered to be toxic to the liver and can inhibit the factors that can cause liver damage
- Helps to maintain healthy bile flow and biliary secretion
- Can help support the normal healthy regenerative ability of the liver and assist the maintenance of healthy liver function
- Supports healthy gallbladder function

### Antioxidant supplementation

- A source of antioxidants. Helps reduce oxidation of proteins, lipids, hormones and other substances

## LIFESTYLE TIPS

- Follow the Modere Detoxification Food List to support digestion and the detoxification process. Adopt a healthy nutritious eating plan increasing low GI fruits and vegetables, quality protein such as organic chicken, turkey, lean red meats, eggs etc.
- Use the Modere 12 Week Detoxification Program at least once a year to assist the major organs to eliminate toxins.
- Start exercising with a friend or join a gym or club nearby to your home or work. Weight bearing exercise is required not only for bone density strength but will assist in building a strong immune system.
- Ensure you are eating enough fibre each day to keep your bowels regular.
- Eliminate caffeine and alcohol whilst on a cleansing program. Follow a diet which avoids foods containing gluten (bread, pasta, cakes etc.), milk (including cheese, yogurt etc.), sugar, preservatives and highly processed foods.
- Use non-toxic cleaning products inside and outside the home to reduce environmental toxins.
- Increase filtered water intake to 2 litres per day.
- Skin brush daily with a natural fibre vegetable brush.

## COMPANION PRODUCTS

You may receive additional benefits from combining this product with:

Detoxification – Aloe Vera, Para Cleanse, Colostrum, Probiotic, Adult Multivitamin, Fiber

Wellness – Natural Mineral Drink, Green Qi, Antioxidant, Antioxidant Sustained Release

## FACTS

### ACTIVE INGREDIENTS

*Silybum marianum* (St Mary's thistle), *Taraxacum officinale* (dandelion), *Brassica oleracea var italica* (broccoli), r,s-alpha lipoic acid, betacarotene, vitamin C (ascorbic acid), vitamin E (d-alpha tocopheryl acid succinate).

### DIRECTIONS FOR USE

Take one to two tablets, three times daily.  
Pack size: 90 tablets.

### PRECAUTIONS

Always read the label. Use only as directed.  
Vitamins should not replace a balanced diet.

### FREE FROM

Milk, gluten, preservatives, artificial colours and flavours, and yeast. Suitable for vegetarians and vegans

Listed on the Australian Register of Therapeutic Goods, AUST L 235998.