

Your Amazing Liver



WHAT YOUR LIVER DOES

- Provides Immunity Against Infection
- Regulates Blood Clotting
- Bile production & excretion
- Excretion of bilirubin, cholesterol, hormones & drugs
- Metabolizes fats, proteins & carbohydrates
- Enzyme activation
- Stores glycogen, vitamins & minerals
- Performs over 500 different chemical functions
- Blood detoxification and purification
- Filters over a liter of blood each minute



If the weight of your liver is more than 10% fat, then you have fatty liver. As many as 10 to 25% of Americans have fatty livers!



ORGANIC HERBS FOR LIVER SUPPORT & CLEANSING

Milk Thistle seed, Wildcrafted Chanca Piedra, Fringetree bark, Dandelion root & leaf, Nettles root & leaf, Turmeric Root, Marshmallow root & leaf, Yellow Dock root, Barberry root bark, Blue Flag.



SYMPTOMS OF SLUGGISH LIVER

Headaches, Dark urine, Loss of appetite, Chronic Constipation, Diarrhea & light colored stools, Easy bruising, Anxiety & depression, Mental confusion, Hormone imbalance, Exhaustion & fatigue, Jaundice, Impaired libido, Food allergies & chemical sensitivities, Sinus & Allergy

SUPPORT YOUR LIVER

- Eat healthy & organic
- Smaller protein consumption
- Count carbohydrates
- Avoid antibiotics & antacids
- No alcohol & Acetaminophen
- Perform liver cleansing
- Be aware of drug side-effects
- Avoid environmental toxins



LIVER SIZE

Largest solid organ in your body. About 8 inches (20 cm) wide, 6.5 inches (17 cm) long & 4.5 inches (12 cm) thick. Weighs approximately 3.5 lbs.



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