



With milk thistle traditionally used in Western herbal medicine **to support liver health.** The formula also includes traditional Chinese herbs.

KEY BENEFITS

With milk thistle traditionally used in Western herbal medicine (WHM) to:

- ✓ Support liver health and help maintain natural detoxification processes
- ✓ Support gallbladder function and bile flow
- ✓ Aid the digestion of fats in the diet, and relieve symptoms of indigestion

In traditional Chinese medicine (TCM):

- ✓ Citrus peel supports the liver's natural detoxification processes and relieves bloating
- ✓ Loss of appetite and feelings of excessive fullness
- ✓ Goji berry strengthens the liver
- ✓ Bupleurum regulates the flow of liver *Qi* (liver energy)

Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Made in Australia.

PRODUCT FEATURES

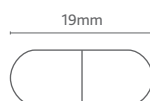
- ✓ Combines the Western herb milk thistle with a synergistic blend of Chinese herbs
- ✓ Formulated with a standardised extract of milk thistle providing 40.8mg of silybin per tablet

ACTIVE INGREDIENTS

Each tablet contains:

Milk thistle (<i>Silybum marianum</i>) seed 50mg, min. dry equiv. std. to flavanolignans silybin 40 mg	3.5g
Asian dandelion (<i>Taraxacum mongolicum</i>) whole plant 100mg, dry equiv.	500mg
Bupleurum (<i>Bupleurum falcatum</i>) root 46.67mg, dry equiv.	700mg
Baical skullcap (<i>Scutellaria baicalensis</i>) root 100mg, dry equiv.	500mg
Schisandra (<i>Schisandra chinensis</i>) fruit 100mg, dry equiv.	500mg
Goji berry (<i>Lycium barbarum</i>) fruit 250mg, dry equiv.	1g
Citrus peel (<i>Citrus reticulata</i>) fruit peel 100mg, dry equiv.	500mg

Made in Australia. Suitable for vegans and vegetarians. NO ADDED artificial colours, flavours, sweeteners or preservatives, yeast, wheat, gluten, nuts, dairy or animal products.



DOSAGE

Adults: Take 1-2 tablets, 2-3 times daily

CAUTIONS/CONTRAINDICATIONS

- Not recommended during pregnancy and breastfeeding
- Contains naturally-occurring salicylates

BACKGROUND INFORMATION

The liver plays a key role in the breakdown, metabolism and detoxification of fats, hormones, alcohol, drugs and toxins. If its functioning is less than optimal, various symptoms may present in different parts of the body. In the gastrointestinal system, common symptoms may include dyspepsia (indigestion), nausea, bloating and flatulence. The liver also produces bile which is then stored in the gall bladder. Bile is important for the digestion and absorption of dietary fats and fat-soluble vitamins. Many waste products are also eliminated from the body via bile.

LIVER FUNCTION AND TCM

According to Chinese medicine theory, the Liver's primary roles are:

Regulating the Free Flow of Qi

The regulatory function of the liver extends to ensuring the free flow of Qi (loosely translated as vital energy), blood and emotions. The smooth flow of Qi is important for various functions of the body such as digestion. However, Qi flow can be easily disrupted by emotional stress and anger, a sedentary lifestyle or an excess of greasy foods and alcohol.

Storing and Nourishing Blood

The liver is also responsible for storing and nourishing blood. In TCM, the skin is considered to be associated with the liver and the blood.

HERBS TO SUPPORT THE LIVER



Milk thistle has antioxidant and anti-inflammatory properties. It helps maintain liver health and function, and maintain natural liver detoxification processes. It's traditionally used in WHM as a liver tonic, hepatoprotectant, and as a cholagogue (supports gallbladder function).



Goji berry has antioxidant actions and is traditionally used in TCM as a Blood tonic and to tonify the Liver and Kidney, and Liver Yin.



Fusion Health, 54/1 Porter St.,
Byron Bay, NSW 2481 Australia
Ph: 1800 550 103



Bupleurum is traditionally used in TCM to maintain healthy liver function, support healthy gallbladder function in patterns of Liver Qi stasis, promote the movement of (Liver) Qi and relieve mood swings associated with premenstrual tension in patterns of Liver Qi stagnation.



Schisandra is traditionally used in TCM to support liver health. It's also an antioxidant.



Citrus peel is traditionally used in TCM to support healthy liver detoxification, support bile production and flow, promote healthy digestion and relieve nausea, abdominal fullness, bloating and decreased appetite.



Baical skullcap is traditionally used in TCM to support the body's natural detoxification processes, clear damp-heat in the liver and heat in the gallbladder.

Formula also includes Asian dandelion.

Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Made in Australia.

COMPANION PRODUCTS



Detox - Contains herbs used to support detoxification and elimination of toxins in TCM.



Constipation - Contains laxative herbs used to help manage constipation and sluggish bowel function in TCM.