



Liver & Gallbladder Health

Good Herbs Liver and Gallbladder Health is made with pure, unaltered, chemical-free natural herbs that provide liver and gallbladder health support. Your liver is a very important organ that produces energy and nutrients for your body to use from the food you consume; filtering out the dangerous substances. Liver & Gallbladder Health contains a proprietary herbal blend of organic or wild-crafted herbs that supports natural blood flow in and out of the liver for an overall healthy liver and gallbladder.

BENEFITS OF LIVER & GALLBLADDER HEALTH

Body System Targeted: Liver and Gallbladder, Digestion. This powerful liver formula is protective and supports the largest organ in the body that is responsible for keeping the body's organs and systems free of toxins and functioning effectively. The liver performs approximately 500 metabolic functions that have been identified to date. Thus, it is called the "King" of the body. Because the liver activates many hormones, a healthy liver is vital for good hormone health. The liver filters the blood to remove toxins and excess hormones, secretes bile, which collects waste products and carries them away from the liver. Because the liver processes so many toxins, it makes sense that it can become sluggish and congested. If overloaded, a person may suffer from many conditions, as well as low energy levels. The liver is an amazing organ, and it is one that is very regenerative if care is taken to keep it in good working order.

Applications:

- helps promote healthy gallbladder
- cleans and strengthens the liver
- increases bile secretion
- use if gas and bloating after a meal is a problem

Bupleurum

Traditional Chinese herb dating back to the first century BC and is one of the most commonly used herbs in traditional Chinese medicine. One of China's harmony herbs purported to affect organs and energy in the body, bupleurum has been used as a liver tonic, with spleen and stomach toning properties.

Burdock

Is its high antioxidant content. The antioxidants in burdock root can help protect the liver against poisonous substances. In addition, burdock can cleanse the liver, allowing it to do a better job of detoxifying the blood.

Chicory

Because extra bile helps break down fats, chicory root may help optimize blood composition and is worth consideration by anyone seeking to achieve optimal liver and gallbladder health. Secondly, organic chicory root contains inulin, a soluble fiber that feeds digestive flora in the intestines.

Milk thistle

Contains silymarin and silybin, antioxidants that are known to help protect the liver from toxins, including the effects of alcohol. Not only has silymarin been found to increase glutathione (a powerful antioxidant that is crucial for liver detoxification), but it also may help to regenerate liver cells.

Chinese Rhubarb

Studies also suggest that rhubarb supplements can help improve symptoms of inflammation of the liver. In addition, rhubarb supplements also improve symptoms of other inflammation problems.

Yellow Dock

Yellow Dock root stimulates the liver to produce bile. This helps the liver to breakdown and process fat in the body to help prevent the development of a fatty liver.



SKU: USGH000013
Herbal Supplement

Supplement Facts		
Serving Size: 2 mL (approx. 1/2 tsp or 40 drops)		
Servings per Container: 60		
	Amount per Serving	%DV**
Proprietary Herbal Extract Blend	500 mg	**
(Bupleurum Root, Burdock Root, Chicory Root, Milk Thistle Seed, Rhubarb Root (Chinese), Turmeric Root, Yellow Dock Root)		
** Daily Values (DV) not established.		

OTHER INGREDIENTS: Purified Water and Ethyl Alcohol. Percent Alcohol: 40% Ratio of herbs to solvent (grams herb/mL solvent): 1:4.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease



BENEFITS OF TURMERIC

- ✓ Improves oxidative stress condition and reverses liver damage by monitoring TGF-beta levels. This makes it a useful therapeutic agent for cirrhosis treatment.
- ✓ Can lower inflammation through obstructing several pathways. It lowers inflammatory enzymes and inactivates Hepatic Stellate Cells thereby reducing inflammation and the pain associated with it.
- ✓ Through several in vivo and in vitro studies, it has been seen that PPAR-gamma present in curcumin can prevent fibrosis by negatively influencing HSCs. Therefore, restoring a good health status to effected liver tissue.
- ✓ Has anti diabetic abilities whereby it lowers the high insulin and glucose levels linked with the disease. This in turn does not allow liver damaging HSCs to get activated.
- ✓ Turmeric usage could curb leptin levels and in turn protect the liver from deterioration and fibrogenesis caused by Hepatic Stellate Cell activation.
- ✓ Aids in hepatitis related liver problems as it halts the replication of viral cells. It also improves the inflammatory status at damaged sites.
- ✓ Through antioxidant, anti-inflammatory and enzyme regulating mechanisms turmeric lessens the harm caused to the liver by lipid build up from alcohol consumption.



History: Turmeric is a staple of Indian cuisine and medicine. It is also known as Curcumin. This herb has been around for at least four thousand years in the folk medicinal literature of India, where it was called haridra in the ancient Sanskrit. Turmeric has been a prominent item in the earliest system of Indian medicine, dating back to about 3000 B.C. Many clinical trials are underway now using Turmeric to destroy cancer cells. The botanical genus, *Curcuma*, is derived from the Arabic, kurkum, which means "saffron", referring to the herb's deep yellow hue.

Good Herbs Turmeric is made from the highest quality, certified organic Turmeri (*Curcuma longa*) available, delivering superior antioxidant support. This herbal supplement helps promote optimal health and combat oxidative stress in the body. It's easily absorbable and contains organic Turmeric, which typically has more phytonutrients than non-organic botanicals, making them more beneficial to your health.