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Natural Health Products & Remedies

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# Hepato

**FOOD  
BASED  
FORMULA**

**ALL-IN-ONE LIVER AND GALLBLADDER  
CLEANSE & DETOX SUPPORT AND  
PROTECTIVE FORMULA**

# Plus

Hepato Plus is an all-in-one cleanse and protective food-based formula, to support these two key detox organs. It will help to flush a congested liver and gallbladder and support repair and cell protection.

This combination of **active ingredients** has been formulated to create a comprehensive supplement, which **stimulates, flushes, cleanses, supports** and **protects** these two important organs. What's more, the actions of this formula support full body detox to some extent.

Hepato Plus has been carefully designed to ensure that the cleansing and detox process takes place at a gentle pace, ensuring that any 'healing crisis' reactions are kept to a minimum.



If you thought milk thistle worked well, try this formula for internal congestion and toxins!

#### PRODUCT INFORMATION

Each capsule provides:

Artichoke extract (40:1), 2.5% cynarin  
(equivalent to 4800mg of fresh artichoke) - 120mg  
Parsley powder - 100mg  
Vegetarian capsule shell  
(Hydroxy-Propyl-Methylcellulose - HPMC) - 96mg  
Beetroot extract (5:1)  
(equivalent to 400mg of fresh beetroot powder) - 80mg  
Turmeric powder (95% Curcumin) - 52mg

Burdock root extract (5:1)  
(equivalent to 200mg of fresh burdock root) - 40mg  
Fennel seed extract (4:1)  
(equivalent to 120mg of fresh fennel seed powder) - 30mg  
Dandelion root extract (4:1)  
(equivalent to 100mg of fresh dandelion root powder) - 25mg  
Liquorice root extract (5:1)  
(equivalent to 100mg of fresh liquorice) - 20mg  
N-acetyl L-cysteine - 20mg

Alpha lipoic acid - 10mg  
Garlic (black aged garlic) extract  
(100:1) (equivalent to 500mg of  
fresh garlic powder) - 5mg  
Ginger root powder - 5mg  
Cayenne (Capicum Frutescens)  
extract (8:1) (equivalent to 30mg of  
fresh cayenne powder) - 3.75mg

**SUITABLE FOR VEGETARIANS**

# About the ingredients...

## Liv & Gall Clear is beneficial for:

- Liver cleansing
- A sluggish liver and gallbladder
- Body cleanse and detox
- Blood purification
- Low energy levels
- Cholesterol levels
- Bad body odour
- Digestive health
- Ideal used following or in conjunction with a colon cleansing programme

**Artichoke:** An ancient herbal treatment used to promote a **healthy liver**, **efficient digestive system** and **healthy cholesterol levels**. The extract contains the active ingredient, **luteolin**, and the **antioxidants caffeic acid**, **cynarin** and **cholorogenic acid**. These all act to **protect liver cells** from damage and, at the same time, stimulate the production of **bile acid** into the digestive tract. This breaks down fats and has an effect on lowering high cholesterol levels and triglycerides.



**NOTE:** **Cynarin** is the close botanical cousin of the herb milk thistle (which is well-known for its positive effects on the liver, but has now been re-classified as "medicinal"). Studies have shown that cynarin can actually reduce elevated triglycerides, lower total serum levels and at the same time increase beneficial HDL levels. It therefore offers ideal support for the prevention of heart disease, while simultaneously cleansing liver cells.



**Beetroot:** A highly **nourishing and cleansing** vegetable, as well as a rich source of potent **antioxidants** and other nutrients, including **dietary nitrate**, **selenium**, **magnesium**, **iron**, **sodium**, **potassium**, **vitamin C** and **betaine** (which is important for cardiovascular health). It functions by acting with other nutrients to reduce the concentration of **homocysteine**, which can be harmful to blood vessels and thus contribute to the development of heart disease, stroke and peripheral vascular disease.

Beetroot is an effective **natural cleanser** of the liver, biliary system and gallbladder, and offers support for high **energy levels** and **vitality**. It is also useful:

- in cases of iron deficiency **anaemia**
- for helping the liver to break down stored fats
- against cellulite
- in reducing hardening and blockage of arteries (atherosclerosis)
- for lowering blood pressure (this effect is attributed to the high **dietary nitrate** content of beetroot - a nutrient which acts an oxygen catalyser).

**Burdock root:** This is another well-known and powerful **blood purifier** and potent **detoxification herb**, which is often partnered with dandelion for best effect. Toxins that have been displaced by the burdock will need to be quickly eliminated by dandelion and the other herbs in this formula, which have been carefully chosen to partner burdock in its clearing actions.

As a potent **lymph and skin cleanser**, burdock forces the body to eliminate waste products, thereby clearing the skin, bloodstream and other organs and tissues of toxins. Its antibiotic-like actions will also assist in dealing with toxins circulating in the system.

**Uses:** A **hepatic** (assists the liver in its functions and promotes the flow of bile), **hepatoprotective**, **cholesterol** reducer and general body **detoxifier**. Also a **diuretic** and can help with **skin problems** such as eczema, psoriasis and dermatitis.

# About the ingredients cont...

**Cayenne:** Regarded by herbalists as the purest and safest **stimulant**, cayenne opens up tissues throughout the body to an increased **flow of blood** and stimulates the **oxygenation** of cells and organs. It invigorates the **circulatory system** and the **heart** to work more efficiently and thereby assists the effective movement of toxins out of the body. It also serves as a carrier for the other herbs in this formula - so that they arrive quickly and effectively to their particular areas of work.



**Fennel seeds:** These seeds act as a gentle warming agent for delicate stomachs. Fennel is also a **carminative, aromatic, anti-spasmodic, digestive** and **gut soother**, which has mild **stimulant** and **anti-inflammatory** properties.



**Dandelion root:** The leaves and roots of the dandelion have been used for centuries to treat **liver, gallbladder, kidney** and **joint problems**.

It is considered to be a **blood purifier** and is widely used to treat **poor digestion, water retention** and diseases of the liver, such as hepatitis. Dandelion is a source of potassium, sodium, calcium, phosphorus and **iron**. The leaves are a richer source of **vitamin A** than carrots and also contain good levels of vitamins B, C and D. The root contains bitter **glycosides, tannins, triterpenes, sterols, volatile oil, choline, asparagin** and **inulin**. Dandelion is also rich in **lecithin**, believed to protect the liver against **cirrhosis**.

**Actions:** **Diuretic, hepatic, cholagogue, anti-rheumatic, laxative, tonic and bitter.** It is a **general stimulant** to the system, especially to the **urinary organs**, and is primarily used in connection with **kidney** and **liver** disorders. Increases **bile** production in the gallbladder and bile flow from the liver. This makes dandelion a great tonic for people with **sluggish liver** function due to **alcohol abuse** or **poor diet**. The increase in bile flow can help improve **fat (including cholesterol) metabolism** in the body and it also cleanses the blood.



**Licorice root:** **Glycyrrhizin** is the main active ingredient in licorice, which gives it its distinctive sweet taste. It has **anti-inflammatory, anti-viral** and **anti-allergic** properties. It is soothing to **peptic ulcers** and can assist with **kidney complaints**. It stimulates two steroids, **cortisone** and **aldosterone** (which help to reduce inflammation). Glycyrrhizin inhibits liver cell injury caused by many chemicals and is used in the treatment of chronic hepatitis, hepatitis B and cirrhosis in Japan. It also inhibits the growth of several DNA and RNA viruses, inactivating herpes simplex virus particles irreversibly. Also used for **adrenal exhaustion**.

**Caution:** **not to be used in cases of untreated high blood pressure, due to its effect on aldosterone.**

**N-Acetyl L- Cysteine (NAC):** This is an **amino acid** and precursor to **glutathione**, the body's most abundant antioxidant found in virtually every cell. Studies show that it can protect the body against ailments such as **bronchitis, asthma, emphysema** and **sinusitis**.

Animal studies have also shown that NAC can prevent damaging changes to DNA caused by the dangerous chemicals in **cigarette smoke**. For those who smoke or have smoked, this is a must-take supplement.

NAC is produced in living organisms from the amino acid **cysteine** and is a sulphur-containing amino acid derivative found naturally in foods, making it a **powerful antioxidant**. It works by helping to eliminate free radicals and heavy metals from the body and in turn improves cellular health.

NAC helps the body to **neutralise toxins** and is a chelator of **heavy metals** (such as mercury from dental amalgam fillings, cadmium and lead from paint and cigarette smoke). Toxic metals can accumulate in the body over time and continue to cause free radical damage as long as they remain. NAC can also help to prevent damage to the liver caused from overuse of acetaminophen (Tylenol) and is the standard medical treatment for acetaminophen overdose. The sulphur content has also been linked to enhanced resistance to **viral infections**. **Athletes** have found that it helps them recover more quickly after training sessions.

**NOTE:** **do not use NAC if peptic ulcers are present.**



# About the ingredients cont...

**Parsley:** This is a natural **anti-spasmodic**, a natural **diuretic**, a good **expectorant** and can be used for **coughs** and **asthma**. It also helps to relieve gas. The green leaves contain **chlorophyll** - a powerful phyto-chemical, detoxifier and cleanser. Parsley helps to **cleanse the liver, kidneys** (breaks down gallstones and kidney stones) and **bloodstream**.



**Alpha Lipoic Acid (ALA):** Lipoic acid is known as the "**universal antioxidant**". It is a vitamin-like substance naturally produced in the body and plays a unique role in defending it against free radical damage. More than 20 years ago, Burton Berkson, M.D. discovered that lipoic acid could cure a fatal liver disease caused by the ingestion of the highly poisonous Amanita mushrooms. The **liver damage** caused by the free radicals present in these mushrooms destroys liver cells, and 90% of people who eat them will die. However, intake of lipoic acid cured these patients, confirming its powerful **liver cleaning** and **protective** properties.

ALA also helps to stabilise **blood sugar levels** and **insulin resistance** - a common complaint in middle-aged men and women - which can lead to a range of serious health problems.

**Athletes** report that they experience far less muscle soreness following exercise, when taking this compound.

**Turmeric:** The yellow pigment in turmeric, called **curcumin**, is a **powerful antioxidant** shown to reduce free radical damage in the body. It also reduces **inflammation** in cases of rheumatoid arthritis, helps to lower high **blood cholesterol** levels and helps to prevent the formation of blood clots, which could lead to heart disease and strokes.



Curcumin has long been used in ayurvedic medicine as a **blood purifier, stomachic, carminative, bile stimulant** and, more particularly, to strengthen **liver function** and treat **hepatitis C** and **gallbladder disease**.

Recently, it has also been found to be effective in preventing **alcohol-related liver diseases**, of which there are three main varieties:

- ⦿ **FATTY LIVER:** in which fat builds up on the hepatocytes (liver cells).
- ⦿ **HEPATITIS:** which is characterized by liver dysfunction and complicated by jaundice and other conditions.
- ⦿ **CIRRHOSIS:** in which nodules developing on the liver can lead to end-stage liver disease and death.

**Garlic:** One of the oldest known natural remedies, garlic has many beneficial properties. For example, it is an **anti-bacterial, anti-parasitic, anti-spasmodic** and **anti-dyspeptic**, and can have cholesterol lowering, triglyceride lowering and blood pressure lowering actions. Historically, it has been used to treat everything from dysentery, typhoid and cholera, to bacterial food poisoning, worms, colds and flu. It helps to **heal the bowel** with its anti-bacterial actions and is also used as a **cholagogue**, to stimulate bile.



**Ginger root:** A **warming** herb, which helps to ensure that **toxins** are kept circulating until properly eliminated. It is also **calming to the stomach** and can help combat feelings of **nausea**, which may be produced during the detox process. Its actions include **anti-inflammatory, carminative, anti-spasmodic, expectorant, vasodilator, circulatory system stimulant** and **anti-cholesterol**. Ginger helps to alleviate occasional gas and bloating and is known as a 'hot bitter' herb which promotes **gastric acidity, gastric secretions** and aids in **digestion**. As such, it is used for a range of stomach conditions. For example, it is used for flatulence and in cases of **achlorhydria** (absence or reduction of hydrochloric acid in stomach juices).

