



## LIV-J

Stock #1010-3 (100 capsules)

Stock #1009-6 (100 Vegitabs)

LIV-J is considered a general liver tonic which improves healthy liver function and strengthens the digestive system organs, particularly the gall bladder, liver and stomach. LIV-J contains herbs which offer numerous health benefits such as stimulating the production of bile, increasing urine flow to expel toxins from the body via the kidneys, reducing inflammation, relaxing muscle spasms which contribute to constipation and abdominal pain, purifying the blood to relieve skin problems, and fighting infection, especially within the urinary tract. LIV-J also provides the body with a rich source of bioavailable vitamins, minerals, and important plant constituents.

LIV-J is beneficial for numerous health conditions involving poor digestion and elimination, including anemia, congested lymphatic glands, constipation, general debility, dyspepsia, edema, fever, flatulence, liver problems, menstrual irregularities, rheumatism, skin conditions, urinary infections and inflammation.

**Barberry** increases bile flow, improves digestion and spleen function, reduces blood pressure, helps control bleeding, and acts as a mild laxative. Barberry also helps soothe inflamed tissues of the gastrointestinal tract. Barberry contains berberine, an isoquinoline alkaloid, which has been shown to be strongly antibacterial and amebicidal, and which enhances immune function by stimulating white blood cell activity. Preliminary research also indicates barberry may help shrink tumors and act as an anticancer agent. Barberry is recommended for amebic dysentery, constipation, diarrhea, dyspepsia, gall bladder pain, gallstones, gastrointestinal infection, hepatitis, jaundice, and chronic skin conditions such as eczema and psoriasis.

**Dandelion** has been shown to help the liver and gallbladder filter out toxins and purify the blood, as well as stimulates the kidneys to eliminate toxins through the urine. Dandelion contains enzyme-like compounds which assist cell metabolism and increase bile secretion in the liver. As a result, dandelion inhibits bile duct inflammation, cirrhosis, dyspepsia with constipation, gallstones, hepatitis and jaundice. Other research shows dandelion exhibits anti-inflammatory properties and restricts the development of an enlarged or swollen liver. In essence, all glands associated with digestive function respond quickly and effectively to dandelion. Dandelion provides viscous fiber which absorbs toxins from the bowel, balances intestinal flora, lowers serum cholesterol, reduces bowel transit time, and soothes digestive tract tissues. Dandelion is also a source of bitter flavonoids which purify the blood, increase urine flow, relieve inflammation and muscle spasms, and provide a mild laxative action. The herb is especially beneficial for spleen ailments and for eliminating uric acid buildup. Dandelion has also been used to treat acne, age spots, anemia, eczema, frequent urination, heartburn, psoriasis, rheumatism, urinary disorders, water retention, chronic joint complaints, including gout and osteoarthritis, and edema resulting from high blood pressure and heart weakness.

**Fennel** seeds contain a volatile oil which is responsible for the herb's antispasmodic properties and its ability to help relieve gas. In fact, fennel is perhaps most commonly used to reduce abdominal distension (bloating) and ease stomach pain. Research shows fennel increases the production of digestive fluids, reduces inflammation, and acts as an antiseptic and diuretic. Fennel has often been used for amenorrhea, anorexia, colds, colic, constipation, coughs, diarrhea, dyspepsia, flatulence, flu, and heart problems. European research shows fennel not only relaxes the smooth muscle lining of the digestive tract and helps alleviate gas, but also destroys certain bacteria. In Germany, fennel is commonly prescribed for gas pains, indigestion and infant colic.

**Horseradish** is a strong digestive stimulant, increasing both gastric juices and appetite. Horseradish stimulates circulation, induces perspiration, increases the production of mucosal fluids to remove allergens and toxins from the respiratory tract, and also acts as an antiseptic, diuretic and expectorant. Horseradish contains an active ingredient called sinigrin, which when crushed, produces allyl isothiocyanate, a substance shown to exhibit mild antibiotic activity against microorganisms in the respiratory and urinary tracts. Horseradish is used for asthma, bronchitis, colds, coughs, debility, fever (characterized by coldness), flu, hay fever, rheumatism, and sinus congestion. Horseradish is not recommended for those with low thyroid function or stomach ulcers.

**Parsley** stimulates production of digestive fluids and enhances the elimination of wastes from inflamed joints via the kidneys. Such action makes parsley useful for arthritis, cystitis, dyspepsia, gastritis, gout, jaundice, other liver and spleen ailments, and rheumatic conditions. Parsley helps tone the urinary system and has been used effectively for almost any type of kidney and urinary problems, including dysuria, edema, nephritis, prostatitis, swollen breasts and glands, and urinary tract infections. Parsley effectively dries watery mucous conditions and acts as an antispasmodic. Parsley also lowers blood pressure, strengthens the adrenal glands, and enhances brain and optic nerve function.

Parsley is a rich source of iron and provides numerous trace minerals, particularly the electrolytes calcium, magnesium, potassium and sodium. Parsley also provides vitamins A, B, C, and K, protein (up to 25%), and chlorophyll. Parsley actually contains several times the amount of vitamin C found in citrus.

**Red beet** stimulates the production of digestive fluids and enzymes, shrinks inflamed tissues, and promotes urine flow. Red beet also enhances immunity due to the presence of the anthocyanin, betanin. Red beet is also a good source of potassium and has been used as part of an herbal cleansing regimen for treating cancer. Red beet has been found helpful for frequent urination, inflammatory skin conditions, liver congestion, and menorrhagia.

**Rose hips** are the dried fruit of roses which contain many vitamins and minerals, but are especially high in vitamin C and bioflavonoids. Rose hips actually contain anywhere from 10-100 times more vitamin C than any other food. Rose hips are a source of astringent tannins which make them beneficial as a tonic and astringent, capable of tightening tissues and slowing the discharge of blood and mucosal fluid. Thus, rose hips are often used for diarrhea, gastritis, hemorrhoids, and varicose veins. Rose hips' rich supply of bioflavonoids protect capillaries, help prevent bruising, strengthen connective tissues, and multiply the effectiveness of vitamin C, which in turn, facilitates iron absorption. Rose hips also help stimulate immune function and fight infection and inflammation, useful for treating colds, fevers, general debility, and inflammatory skin conditions.