

Lively Liver



Clinical Applications

- Supports Healthy Liver Function
- Protects Liver Tissue
- Supports Natural Anti-Inflammatory Mechanisms to Combat Liver Inflammation
- Supports Healthy Glutathione Levels
- Supports Healthy Liver Enzyme Levels

Lively Liver contains N-Acetyl Cysteine, well-known to support liver function through its action on glutathione conjugation and sulfation; along with a triple antioxidant combination (alpha lipoic acid, silymarin and selenium) that protects the liver from free radical damage, regenerates/boosts levels of other important antioxidants in the body and interferes with viral proliferation.

All 360° Medicine Formulas Meet or Exceed cGMP Quality Standards

Discussion

N-Acetyl Cysteine, the acetylated derivative of the sulfur-containing amino acid, L-cysteine is a precursor of glutathione, a very potent, protective intracellular antioxidant responsible for cellular defense against hepatotoxic environmental pollutants, gamma-radiation and other insults that can damage DNA of liver cells.^[1,2]

Alpha Lipoic Acid, sometimes referred to as thioctic acid, is both water- and fat-soluble. It boosts levels of glutathione, helps regenerate antioxidant vitamins C and E, helps maintain the ratio of reduced to oxidized CoQ10 in the mitochondria, and prevents overproduction of nitric oxide in the liver and kidney in the case of toxic exposure.^[3] The lipoic acid/dihydrolipoic acid redox couple stabilizes NF kappaB transcription factor, thereby inhibiting the ability of viruses to replicate.^[4,5]

Milk Thistle Seed Extract's active component, silymarin, has been used for hundreds of years as a powerful hepatoprotectant. Its potent antioxidant action neutralizes the toxins that can destroy cellular membrane systems and protects the hepatocytes' genetic material. Like alpha lipoic acid, silymarin increases cellular glutathione. Its actions in the liver also include preventing peroxidation of fats, preventing formation of fibrous tissue, reducing inflammation, supporting a healthy immune response and promoting protein synthesis and regeneration of liver tissue.^[6]

Selenium (as selenomethionine), an important coenzyme for the glutathione peroxidase detoxification system, also appears to improve the antioxidant defense of hepatocytes by up-regulating their MnSOD expression. At the same time, selenium appears to decrease MnSOD and IL-6 transcription in Kupffer cells reducing their inflammatory response to stimuli.^[7]

Many years ago, Dr. Burton M. Berkson chose to combine alpha lipoic acid, silymarin and selenium (all present in Lively Liver) into an efficacious and low cost liver support protocol because these substances protect the liver from free radical damage, boost the levels of other basic antioxidants and interfere with proliferation of viruses. Dr. Berkson published case histories of three patients who used this conservative triple antioxidant protocol, avoided expensive conventional procedures, regained health and daily function.^[8]

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Lively Liver



Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

| | Amount Per Serving | %Daily Value |
|--|--------------------|--------------|
| Selenium (as selenomethionine) | 100 mcg | 143% |
| Alpha Lipoic Acid | 200 mg | ** |
| Silymarin (from milk thistle seed extract) | 210 mg | ** |
| N-Acetyl-L-Cysteine | 200 mg | ** |

** Daily Value not established.

Other Ingredients: HPMC (capsule), stearic acid, magnesium stearate, and silica.

Directions

Take 1 capsule twice daily or as directed by your healthcare practitioner.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 120

| | Amount Per Serving | %Daily Value |
|--|--------------------|--------------|
| Selenium (as selenomethionine) | 100 mcg | 143% |
| Alpha Lipoic Acid | 200 mg | ** |
| Silymarin (from milk thistle seed extract) | 210 mg | ** |
| N-Acetyl-L-Cysteine | 200 mg | ** |

** Daily Value not established.

Other Ingredients: HPMC (capsule), stearic acid, magnesium stearate, and silica.

Directions

Take 1 capsule twice daily or as directed by your healthcare practitioner.

References

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2. Mansour HH, et al. Protective effect of N-acetylcysteine against radiation induced DNA damage and hepatic toxicity in rats. *Biochem Pharmacol.* 2008 Feb 1;75(3):773-80. [PMID: 18028880]
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Cautions

Consult with your healthcare practitioner before use. Keep out of reach of children.

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



360° Medicine

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