



Name **Liv**

Caps & Tea

Code	Size	Duration
C25-54	54 Liv Capsules	Usually lasts 18 days
C25-100	100 Liv Capsules	Usually lasts 33 days
C25- 200	200 Liv Capsules	Usually lasts 66 days
C71-54	54 Liv 2 Capsules	Usually lasts 18 days
C71-100	100 Liv 2 Capsules	Usually lasts 33 days
T03	80g Tea	Lasts 7-14 days

Area concerned

Liver, gall bladder, digestion, detox

Ingredients

Liv Capsules: (min per capsule) Barberry 96mg, Wild Yam 32mg, Dandelion Root 32mg, Cramp Bark 32mg, Peppermint 32mg, Catnep 32mg, Fennel 32mg, Ginger 32mg. **Liv 2 Capsules:** Dandelion 80mg, Barberry 80mg, Wild Yam 80mg, Licorice 80mg.

Liv Tea: Milk Thistle, Cardamom, Calendula, Licorice, Elderberry, Dandelion Root, Artichoke Leaf, Orange Peel

Description

A formula to help keep the liver and gall bladder working well. The main ingredient of **Liv Capsules** is barberry bark. It is combined here with other herbs, including soothing wild yam and ginger. This formula helps to keep the digestion balanced, especially digestion of fats. It helps the other main liver activities including energy production, vitamin storage, hormone regulation, and waste-product breakdown. For a more holistic approach to liver care, use the **90-day Liver Programme** which will give a great deal of support to the liver over an extended period. **Liv 2 Capsules** are an alternative formula to **Liv Capsules** with very similar properties.

Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

Liv Tea - follow directions on tub, and drink 1-2 cups a day.

How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

Cautions

Do not take during pregnancy or nursing.

Companion Products

90-day Liver Programme; Detox Capsules, Drops or Tea; Dandelion Drops; Dig Capsules, Drops or Tea; Liv Drops or Tea; Milk Thistle Capsules or Drops; Wild Yam Root Capsules or Drops.

Caps & Tea

Drops

Code	Size	Duration
D12-50	50ml	Usually lasts 28 days
D12-100	100ml	Usually lasts 55 days

Area concerned

Liver, gall bladder, digestion, detox

Ingredients

Fluid extracts except where stated: 20% Barberry, 15% Milk Thistle, 15% Dandelion Root, 15% Verbena, 10% Fringe Tree bark, 10% Rheum, 10% Yarrow, 5% Boldo

Description

Soothing and cleansing **Liv Drops** have been designed to help to cleanse and support the liver and gall bladder. A very helpful formula for most people - we think that nearly everyone could do with a 3 month course of herbal assistance for the liver (hence our **90-day Liver Programme**). The fringe tree in this formula is a great herb for the liver. Barberry is one of our favourite liver herbs; milk thistle and dandelion are also excellent for the liver; and soothing yarrow is a circulatory agent.

Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable. Or try the **90-day Liver Programme** for more holistic support of the whole liver and gall bladder area.

Cautions

Do not take if pregnant or nursing.

Companion Products

90-day Liver Programme; Detox Capsules, Drops or Tea; Dandelion Drops; Dig Capsules, Drops or Tea; Liv Capsules or Tea; Milk Thistle Capsules or Drops; Wild Yam Root Capsules or Drops.

Drops