



## Name 90-day Liver Programme

### Caps

#### Code Name

#### LIV-C3 90-day Liver Programme with Capsules

Available in 30-day packs. If you are following a programme, we can either send a pack a month for 3 months, or send all 3 packs at once; 10% discount applies in either case. Also available as an individual 30-day pack code LIV-C1 which attracts no discount.

#### Area concerned

Liver, gall bladder, nerves, detox

#### Ingredients

Each 30-day pack includes:

100 *Liv Capsules*, 100 *Milk Thistle Capsules*, a tub of *Liv Tea*, and a comprehensive advice pamphlet about all aspects of the programme.

See data sheets for individual products for more detailed information.

#### Description Applies to both programmes

The **Liver Programme** has been designed to give thorough support to the whole liver and gall bladder area. It uses herbs which, for centuries, have been known to give such benefits - and there are many herbs which benefit the liver. The accompanying pamphlet advises you on getting the most from this holistic programme through use of herbs, diet, exercise, and other relevant lifestyle suggestions.

Making appropriate changes to your lifestyle plus taking the high quality herbs we include can help ensure your liver and gall bladder stay functioning perfectly.

#### Standard use

1 capsule of each of the encapsulated products, or 12-15 drops of each of the products in drops in water or juice, 3 times a day; plus one small pot of *Liv Tea* a day. The pot of tea can be made at any time convenient for you.

#### How long to take it for

We recommend taking this programme for 3 months (90 days). By all means repeat it annually to help keep the liver and gall bladder areas functioning well.

#### Cautions

Do not take if pregnant or nursing.

#### Companion Products

Detox Capsules, Drops or Tea; Dandelion Drops; Dig Capsules, Drops or Tea; Liv Capsules, Drops or Tea; Milk Thistle Capsules or Drops; Nve Capsules or Tea; Nve-Restor Drops; Wild Yam Root Capsules or Drops.

### Caps

### Drops

#### Code Name

#### LIV-D3 90-day Liver Programme with Drops

Available in 30-day packs. If you are following a programme, we can either send a pack a month for 3 months, or send all 3 packs at once; 10% discount applies in either case. Also available as an individual 30-day pack code LIV-D1 which attracts no discount.

#### Area concerned

Liver, gall bladder, nerves, detox

#### Ingredients

Each 30-day pack includes:

50ml *Liv Drops*, 50ml *Milk Thistle Drops*, a tub of *Liv Tea*, and a comprehensive advice pamphlet about all aspects of the programme.

See data sheets for individual products for more detailed information.

### Why use the Liver Programme?

People like this programme for various reasons including:

1. The liver is the main detox organ in the body, so keeping the liver working well helps *every single body function* by reducing the toxin levels. Reduction of toxins is a key to good health.
2. The liver affects the nerves, so helps to keep us calm and relaxed. Where there is stress, the liver helps us deal with it. Keeping the liver working well is crucial to good nerve function.
3. The liver produces bile, which enables us to digest fats. As long as the liver is OK, we can digest fats well.
4. The liver is involved in breaking down hormones which are damaged or unnecessary. It is thus involved in keeping periods regular, and menopause balanced.
5. The liver stores excess sugar, releasing it into the blood stream on demand. It is thus vital to maintaining energy levels.

Having so many vital functions, it makes great sense to look after the liver very well. This is why we recommend this programme is followed every 12-18 months.

**HELP THE LIVER-USE THE 90-DAY LIVER PROGRAMME!**

### Drops