



# NC LIVER HEALTH SUPPORT

Maintains Healthy Liver Function + Relieves Digestive Disturbances

NC Liver Health Support combines two hepatoprotective herbs, *Silybum marianum*, commonly known as Milk Thistle and *Bupleurum falcatum*. Both herbs have been traditionally used in Chinese and Western medicine to support the health and function of the liver. Milk Thistle is one the most popular herbs for treating and repairing the liver thanks to its seeds, which contain a flavonoid called silymarin. Silymarin is an important antioxidant and protects the liver by optimizing its function and detoxification (Yuan B et. al., 2001).

*Bupleurum falcatum* is a natural herb that has been traditionally used for thousands of years in Chinese medicine. *Bupleurum falcatum* has an array of active components, including saikosaponins, saikogenin, saponins and pyto-sterols. Both the individual components, and the whole herb, are mainly used as anti-inflammatory and for liver disharmony (Lin TY et. al., 2013).

## Indications

- Support liver health and function
- Support healthy liver detoxification processes
- Support healthy digestion
- Relief of mild digestive disturbances such as bloating
- Relief of digestive discomfort and symptoms of indigestion such as sense of fullness
- Support the production and flow of bile which helps the body to digest fat
- Helps reduce free radical damage to body cells

## Treatment duration

Consult with your health care professional

## Pregnancy and Lactation

Check with your health care professional

## Interactions

None known



## Active Ingredients:

Each Tablet contains:

<i>Silybum marianum</i>	<b>214.3 mg</b>
Equivalent dry fruit	<b>15 g</b>
Equivalent silybin	<b>64.3 mg</b>
<i>Bupleurum falcatum</i>	<b>20 mg</b>
Equivalent dry root	<b>200mg</b>

## Dosage

Adults take one tablet two times a day or as directed by a healthcare practitioner.

Note: For best effect, NC Liver Health Support should be taken on an empty stomach, without other medications or food.

**Suitable for vegans.**

# Active Ingredient Overview

## Silybum marianum (St. Mary's Thistle)

Silybum marianum has other common names including Milk Thistle and St. Mary's Thistle. This species is an annual or biennial plant of the family Asteraceae. Originally a native of Southern Europe through to Asia, it is now found throughout the world. The extract contains silymarin, a mixture of flavonoids consisting mainly of silybin, silydianin and silychristine.

This herb has been traditionally used for the symptomatic relief of digestive disorders, sensation of fullness and indigestion and to support a healthy liver function (European Medicines Agency, 2018).

Silybum marianum's ability to prevent liver destruction and enhance liver function is due largely to silymarin's inhibition of the factors responsible for hepatic damage, free radicals and leukotrienes, coupled with its ability to stimulate liver protein synthesis. The protective effect of Milk Thistle against liver damage has been demonstrated in a number of clinical studies (Liu S et. al., 2013). Perhaps the most interesting effect of Silybum marianum components on the liver is their ability to stimulate protein synthesis. This results in an increase in the production of new liver cells to replace the damaged old ones. Silymarin marianum's primary use is as an aid to the liver (Pizzorno, 2012).

## Bupleurum falcatum

*Bupleurum falcatum* is a perennial species of flowering plant in the family Apiaceae. It is endemic to Europe and Western Asia and it has been used in Chinese medicine for over 2,000 years.

With the development of modern pharmacology, many valuable and important activities of *Bupleurum falcatum* have been discovered, such as anti-inflammatory (Xie et al. 2012), hepatoprotection (Wang et al. 2013a), immunoregulation (Ying et al. 2014), and neuromodulation activities (Zhou et al. 2014). All of these beneficial effects are due to its various secondary metabolites, especially saikosaponins.

Saikosaponins, present in the root and leaf extracts of *Bupleurum falcatum*, have demonstrated hepatoprotective effects in animal studies. Most experiments have shown positive effects on ALT and AST, as well as histological changes, such as cell membrane malfunctions and cell death. The effects are attributed mainly to decreased oxidative stress (Liu CT et. al., 2006).

*Bupleurum falcatum*'s primary use is as a liver tonic but it has also been traditionally used for irregular menstruation and alternating chills and fever.

## Materials produced for Healthcare Professionals only

### References:

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