



Liver Health Information

About Your Liver

Your liver health is important to everyday living. Everything you eat is processed through the liver. The liver produces and stores many important nutrients that the body needs, such as sugar for energy. It acts as a filter to cleanse alcohol, poisons and bacteria from your blood. Chemical levels within the body, such as cholesterol, hormones and sugars, are also regulated by the liver. You can't live without a functioning liver, so it is important to keep your liver healthy!

Healthy Liver Tips

- ❖ Limit your alcohol intake.
- ❖ Eat a healthy, well-balanced diet.
 - Avoid fatty and deep-fried foods.
 - Minimize salt intake (ie smoked, cured or salted foods).
 - Increase fiber intake (fruits, vegetables, whole grain breads, rice and cereals).
- ❖ Exercise two to three times per week.
- ❖ Supplement your diet with liver health vitamins.

EThistle™ Liver Health Supplement:

Along with a health diet, recent research studies show milk thistle and vitamin E help to promote a healthy liver. EThistle™ is the only formula that combines both milk thistle and vitamin E.

What are the benefits of milk thistle & vitamin E?

Milk thistle (*silybum marianum*) is an ancestor of the daisy family. Flavanoid complexes from milk thistle's seeds, fruit, and leaves are extracted for medicinal use. Historically, milk thistle has been used for liver, spleen and gallbladder health. The liver keeps the body healthy and free of environmental toxins. Milk thistle's powerful antioxidant properties support normal liver function by blocking free radical oxygenation of fat and cell membranes.¹

Vitamin E is a fat-soluble vitamin that also serves as a powerful antioxidant that protects your liver's function and overall health against the effect of free radicals.²

How to order EThistle™:

EThistle™ is available by phone 24/7 toll free at 1-888-LIVER01 (548-3701), order online at www.betterliver.com, or send a check or money order payable to "Cass Labs, LLC" and send to the address below. Mail-In Order Form is available on the back of the EThistle™ patient literature or can be downloaded from betterliver.com.

Mail to: Cass Labs, P.O. Box 36, Mobridge, SD 57601.

1-888-LIVER01 (548-3701)

www.betterliver.com

1. Pepping, Joseph PharmD. "Milk thistle: *Silybum marianum*." American Journal of Health-System Pharmacy. Volume 56(12), 15 June 1999, pp 1195-1197, 1999.

2. Agoston M, Orsi F, Feher E, Hagymasi K, Orosz Z, Blazovics A, Feher J, Vereckel A. "Silymarin and vitamin E reduce amiodarone-induced lysosomal phospholipidosis in rats." Toxicology. Volume 190(3): 231-41, August 28, 2003.

