

# The Pharmacy

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## Love Your Liver

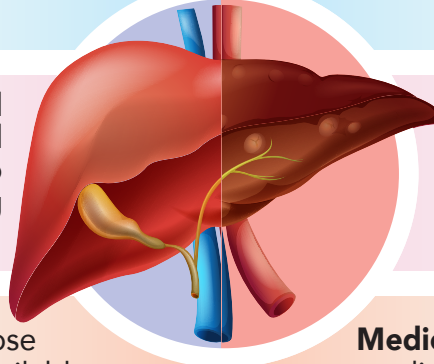
This month, we dive into that vital but sadly neglected organ that serves as the body's metabolic powerhouse - the liver. Situated on the right side of your abdomen, the liver is the largest internal organ, performing over 500 vital functions essential for your well-being. Read on to learn more!

### WHAT CAN YOUR LIVER DO?

**Detoxifies** harmful substances such as drugs, alcohol, and fats, ensuring they're safely removed through the urine.

**Synthesizes** bile, a digestive fluid necessary for the breakdown and absorption of fats, and also proteins crucial for blood clotting and immune function.

**Metabolizes** glycogen into glucose (sugar), providing a readily available energy source, and stores vitamins and minerals like iron.



### WHAT THREATS DOES YOUR LIVER FACE?

**Alcohol Consumption** - Chronic alcohol abuse can lead to liver inflammation, fatty liver disease, and cirrhosis.

**Unhealthy Diet** - Diets high in processed foods, sugar, and unhealthy fats can contribute to non-alcoholic fatty liver disease (NAFLD).

**Medications and Toxins** - Certain medications, herbal supplements, and environmental toxins can cause liver injury or failure in susceptible individuals.

### THE SPOTLIGHT'S ON:

#### THE THISTLE PLANT FAMILY

Packed with tons of antioxidants and anti-inflammatory properties, thistles have been used for centuries to support liver function and promote liver detoxification.

**Artichoke**



Modern research has proven that compounds found in these and other types of thistle can help protect liver cells from damage and aid in the regeneration process.

**Milk Thistle**



**GIVE YOUR LIVER THE SUPPORT IT DESERVES**



**ACTISO VIET**

Delivering artichoke leaf extract in convenient drinkable ampoules, Actiso Viet is a great addition to your supplement lineup to life-proof your liver against everyday toxins. It's also great as a digestive aid and is a rich source of antioxidants.

**GREAT FOR:**

- ☞ Anyone seeking everyday liver protection
- ☞ Kids and adults with high fat and sugar diets
- ☞ Anyone with digestive problems or frequent indigestion
- ☞ Moderate to heavy drinkers

**Simepar**

With a standardized extract of silymarin from the milk thistle, Simepar not only protects the liver from toxic substances but enhances its ability to produce new cells to replace damaged ones. Plus, high potency B-vitamins help with fat and protein metabolism, giving your overworked liver a much-needed boost.

**GREAT FOR:**

- ☞ Anyone with an existing liver condition such as fatty liver
- ☞ Frequent heavy drinkers
- ☞ Anyone taking paracetamol, antibiotics, or other drugs for an extended time
- ☞ Persons living with or at risk for obesity, high cholesterol, and diabetes

**DID YOU KNOW?**

**INTERESTING FACT**

The liver has a unique capacity among organs to regenerate itself after damage. A liver can regrow lost or damaged tissue even after up to 90% of it has been removed!

However, while the liver is resilient, it's not invincible. Many diseases and exposures can harm it beyond the point of repair. By adopting healthy lifestyle habits, such as limiting alcohol consumption, maintaining a balanced diet, and avoiding exposure to toxins, we can support the liver's regenerative abilities and safeguard our well-being for years to come.

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