

# LIV-A

DIN 02238346, 100 capsules, Herbal combination, Stock No. 1013-8

**L**IV-A, a combination formulated by the late Paavo Airola, is used to restore normal liver function.

The herbs in LIV-A enhance the digestion and detoxifying functions of the body by working especially to increase the secretion and release of bile.

## *Did you know?*

The liver is the largest internal organ, weighing more than three pounds. Its main functions include storing glucose, fats, proteins, vitamins, and some minerals for future use; receiving and delivering nutrients to other parts of the body; and filtering out and destroying wastes and harmful substances.

## *NSP Advantage*

100 capsules. Traditional Herbal Medicine Herbal Combination.

*Active Ingredients:* 85 mg of dandelion (*Taraxacum officinale*) root, 70 mg of turmeric (*Curcuma longa*) root, 50.4 mg of parsley

(*Petroselinum crispum*) leaves, 19.8 mg of blessed thistle (*Cnicus benedictus*) herb, 16.8 mg of angelica (*Angelica archangelica*) root, 15.8 mg of chamomile (*Matricaria recutita*) flower, 12.9 mg of gentian (*Gentiana lutea*) root, 8.9 mg of goldenrod (*Solidago virgaurea*)

**Non-medicinal Ingredients:** Yellow dock (*Rumex crispus*) root, cellulose, artichoke (*Cynara scolymus*) leaves.

*Recommendation:* Take 4 capsules with a meal three times daily, for the relief of indigestion, gaseousness, or fullness.

**CAUTION:** Do not take for more than two weeks. If symptoms persist, consult your health care practitioner. Do not consume during pregnancy or while nursing.

## Features & Benefits

- Various herbs in this formula have been used to stimulate bile flow and improve digestion and detoxification.
- The herbs in this formula provide nutritional support to strengthen the liver and gallbladder function. This may help reduce some symptoms associated with liver congestion, such as inflammation and pain.
- Dandelion root is known to increase urine flow to flush toxins out of the body via the kidneys. Dandelion root has traditionally been used to stimulate appetite and to increase bile flow.
- Turmeric has been used traditionally to relieve stomach complaints such as nausea, cramping and flatulence.
- Gentian has enjoyed many traditional uses in the treatment of various digestive disorders, especially as a digestive bitter that helps to expel parasitic intestinal worms, and has also been used to restore vigor and strength. Interestingly, it has also been used to treat scrofula (a form of tuberculosis affecting the lymph nodes, especially of the neck, that is most common in children and is usually spread by unpasteurized milk from infected cows).
- The herbs in LIV-A have traditionally been used to help treat anemia, constipation, congested lymphatic glands, flatulence, gallstones, hepatitis, jaundice, kidney stones, and water retention.