

❖ L-Trepein

Historically, “lipotropic” has been a term applied to substances that increase bile output.

Choline

As a precursor to phosphatidylcholine and glycine and its derivatives – betaine, dimethylglycine, and serine – as well as being a methyl donor, choline is a premier lipotropic. Choline deficiency is a well-documented cause of fatty liver. Choline emulsifies lipids and provides the substrate for phosphatidylcholine biosynthesis, which promotes maintenance and repair of damaged hepatic cell membranes.

Folic Acid, B12, and Methionine

As methyl donors themselves, and as precursors to the universal methyl donor S-adenosylmethionine, these nutrients provide methyl groups for numerous metabolic pathways, include synthesis of the detoxification molecules cysteine and glutathione. Phosphatidylcholine is also dependent on methyl groups provided by these nutrients.

B6 and Magnesium

Vitamin B6 and magnesium are essential cofactors in hundreds of biochemical reactions, many of which take place in the liver. Vitamin B6 is provided in its active form, pyridoxal 5'-phosphate, because a poorly functioning liver may not convert inactive forms to this key factor.

Gambir

Gambir is an excellent source of catechin, a flavonoid with potential antioxidant and hepatoprotective properties.

Botanicals

Dandelion root, beet leaf, black radish, and celandine – are botanicals that have been used traditionally to increase bile flow and improve overall liver function.

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Picrorhiza is used in Ayurvedic medicine to optimize liver function and as an anti-inflammatory

Turmeric – used in traditional Chinese and Ayurvedic to support liver function and as an anti-inflammatory

Milk Thistle – helpful in regeneration of the liver tissue, antioxidant

Artichoke – used for hepatic support