



# LIVERMAX™

**Natural ingredients used traditionally to support normal liver detoxification functions\***

- **Two-part formula**
- **Contains herbs and nutraceuticals**
- **Formulated by Brenda Watson C.N.C. & Leonard Smith M.D.**

## What is the liver and how does it function?

The liver is your largest internal organ. It performs many functions, including detoxification of the body. The liver works by both filtering toxins directly and by altering toxins so that they can be removed at other stages of detoxification. The liver filters toxins from 1 liter of blood every minute. After the liver processes these endotoxins (produced in the body), exotoxins (from outside the body) and wastes, they are sent to the kidneys and colon for elimination. A properly functioning liver is vital to health.

## What can I do to keep my liver healthy?

Lifestyle changes that help limit or dilute the toxin level in the body are beneficial. Drinking plenty of water, eating a healthy diet of fruits, vegetables and protein (preferably organic), and regular exercise can all help eliminate, prevent the ingestion of, or dilute the concentration of toxins.\* Eating the proper foods and nutrients gives the liver the tools it needs to stay healthy.\*

## What nutrients does the liver need for detoxification and health?

The liver uses many different nutrients during detoxification.

- **Milk Thistle** - an herb traditionally used to support normal detoxification functions of the liver.\* The strong antitoxin activity of the main ingredient in milk thistle (silymarin) is thought to help the liver function.\*
- **L-Methionine** - an amino acid that the liver uses to create glutathione.\* Supplementing with L-methionine

can help raise glutathione levels and thus support the natural detoxification functions of the liver.\*

- **N-Acetyl-Cysteine** - the liver also uses NAC to create glutathione. Supplementing with NAC can help raise glutathione levels.\*
- **Alpha Lipoic Acid** - an antioxidant that helps revitalize glutathione and supports the antitoxin activities of the liver.\*
- **Selenium** - helps zinc and vitamins (both antioxidants) to function better in their detoxification properties.\*
- **Ayurvedic Herbs** - these herbs have long been used to promote the detoxification capabilities of the liver.\* Among the most commonly used herbs are Boerhavia Diffusa, Eclipta Alba, Terminalia Belerica, Tinospora Cordifolia, and Picrorhiza Kurroa.

**Note:** Glutathione is powerful amino acid made by the liver, which acts as an antioxidant and detoxifying compound.\*

## What is LiverMax™?

LiverMax is an easy-to-use, two-part cleanseing program that contains minerals, herbs and amino acids that have long been used to promote healthy detoxification and cleansing of the liver.\* Part I contains herbs, minerals and amino acids that support healthy liver detoxification.\* Part II contains Ayurvedic herbs, which support healthy liver detoxification functions.\*

## LiverMax I

Morning Formula

Supplement Facts		
Serving Size: 2 Capsules    Servings per Container: 30		
	Amount per Serving	%DV**
Vitamin C (from ascorbyl palmitate)	20 mg	33
Selenium (from l-selenomethionine)	100 mcg	143
Choline Complex	415 mg	
containing 100 mg of choline		***
containing 50 mg of phosphatidylcholine		***
containing 12 mg of phosphatidylethanolamine		***
containing 8 mg of phosphatidylinositol		***
Milk Thistle Seed Extract (80% Silymarin)	350 mg	***
<b>Proprietary Herbal Blend</b>	250 mg	
Dandelion Root Extract (4:1)		***
Artichoke Leaf Extract (2% cynarin)		***
Bamboo Leaf Extract (70% silica)		***
Turmeric Root Extract (95% curcumin)		***
L-Methionine	100 mg	***
L-Taurine	100 mg	***
N-Acetyl-Cysteine	100 mg	***
Alpha Lipoic Acid	50 mg	***

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\*\* Daily Value (DV) not established

Other Ingredients: Vegetable capsules (vegetable fiber and water)

**Directions:** For the first 3 days take 1 capsule in the morning. After 3 days take 2 capsules in the morning.

## LiverMax II

Evening Formula

Supplement Facts		
Serving Size: 2 Capsules    Servings per Container: 30		
	Amount per Serving	%DV**
<b>Proprietary Ayurvedic Herbal Blend</b>	1000 mg	***
Belleric Myrobalan Fruit		
Boerhavia Root Extract (30% flavones/5% alkaloids)		
Eclipta Alba Herb Extract (2% waldelactones)		
Tinospora Stem		
Andrographis Leaf Extract (10% andrographolides)		
Picrorhiza Root		

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\*\* Daily Value (DV) not established

Other Ingredients: Vegetable capsules (vegetable fiber and water)

**Directions:** For the first 3 days take 1 capsule in the evening. After 3 days take 2 capsules in the evening.

**WARNING:** Do not use this product if you are pregnant or nursing. Consult your physician before using this or any product if you are pregnant, nursing, trying to conceive, taking medication or have a medical condition. **Note:** These products work best when taken on an empty stomach, allowing 30 minutes before eating.



LiverMax was formulated by Brenda Watson, C.N.C., president of Advanced Naturals and the founder of five natural healthcare clinics specializing in internal cleansing and detoxification.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.