

USAGE: Take 3 tablets per day, preferably 1 with each meal or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition (especially diabetes or being treated for glucose control), are pregnant, lactating, trying to conceive, under the age of 18, or taking medications (especially for glucose control), consult your healthcare professional before using this product.

Liver Optimizer® combines herbs and other nutrients known to impact detoxification and overall liver function.* It is especially directed toward Phase 2 enzymes, which assist in the processing and removal of toxins from the body.* Milk thistle extract has been shown to affect glutathione levels and aid in the regeneration of liver cells.* The sulfur-containing compounds, R-alpha lipoic acid (the naturally-occurring form) and N-acetyl-L-cysteine (NAC), are also involved in the regulation of glutathione.* **Sulforaphane Glucosinolate**, from broccoli, is a precursor to sulforaphane, an inducer of Phase 2 detoxifying enzymes.* **PicroMax®**, a standardized extract of *Picrorhiza kurroa*, is a hepatoprotective herb well-regarded in Ayurveda.* B complex vitamins support liver enzymes and promote liver regeneration.* Additionally, the nucleoside uridine supports liver detoxification, while NAC conjugates and promotes excretion of acetaldehyde, a toxic intermediate of alcohol metabolism.*

Keep out of the reach of children

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

Lot #. Best Used Before:

Jarrow
FORMULAS®

Includes Milk Thistle Extract,
NAC, R-Alpha Lipoic Acid & Uridine

Liver Optimizer®

Supports Liver Health*

90
TABLETS

DIETARY
SUPPLEMENT



Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com

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Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

	Amount Per Serving	% DV
Thiamin (as Thiamine Mononitrate)	15 mg	1,200%
Vitamin B ₆ (as Pyridoxine HCl)	10 mg	580%
Biotin	100 mcg	330%
Milk Thistle Seed 30:1 Extract (<i>Silybum marianum</i>) (80% Total Flavonoids)	250 mg	†
NAC (N-Acetyl-L-Cysteine)	300 mg	†
R-Alpha Lipoic Acid (from 125 mg Sodium R-alpha Lipoate (Bio-Enhanced® Na-RALA))	100 mg	†
PicroMax® (<i>Picrorhiza kurroa</i>) (Root)	100 mg	†
Uridine 5'-Monophosphate	100 mg	†
Sulforaphane Glucosinolate (from <i>Brassica oleracea italica</i>) (Seed Extract)	5 mg	†

† Daily Value not established.

Other Ingredients: Cellulose, calcium phosphate, stearic acid (vegetable source), silicon dioxide, dextrin, magnesium stearate (vegetable source) and a food-grade coating.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

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PROD # 129012

