

USAGE: Take 3 tablets per day, preferably one 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.* Artichoke and milk thistle extracts have been shown to affect bile action and glutathione levels. The sulfur-containing compounds, alpha lipoic acid and N-acetyl-L-cysteine (NAC), are also involved in the regulation of glutathione. Additionally, NAC conjugates acetaldehyde, a toxic intermediate of alcohol metabolism. PicroMax® is a proprietary, standardized extract of *Picrorhiza kurroa*, an herb well-regarded in Ayurveda. Sulforaphane glucosinolate, from BroccoMax® (broccoli seed extract), is a precursor to sulforaphane, an inducer of Phase 2 detoxifying enzymes. B complex vitamins are indispensable components of enzymes in the liver.

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.

11213LIVER PROD # 129012



Distributed Exclusively by:
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P.O. Box 35994
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Lot #. Best Used Before:

Jarrow
FORMULAS®

Liver Optimizer™

Supports Liver Health*

90
TABLETS

DIETARY
SUPPLEMENT



Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

	Amount Per Serving	% DV
Vitamin B ₁ (as thiamine mononitrate)	15 mg	1000%
Vitamin B ₆ (as pyridoxine HCl)	10 mg	500%
Folic Acid	400 mcg	100%
Biotin	100 mcg	33%
Pantethine (coenzyme vitamin B ₅)	300 mg	*
Chromium (from <i>Saccharomyces cerevisiae</i>)	100 mcg	83%
Artichoke Leaf Extract (<i>Cynara scolymus</i>)	600 mg	*
Milk Thistle Seed 30:1 Extract (<i>Silybum marianum</i>) (80% total flavonoids)	250 mg	*
NAC (N-acetyl-L-cysteine)	250 mg	*
Alpha Lipoic Acid	100 mg	*
PicroMax® (<i>Picrorhiza kurroa</i>) (4% kutkin) (root)	100 mg	*
Uridine 5'-Monophosphate	50 mg	*
Sulforaphane Glucosinolate (from BroccoMax®, <i>Brassica oleracea italica</i>) (seed extract)	5 mg	*

* Daily Value not established.

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

Contains: Soy (in trace amounts).

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