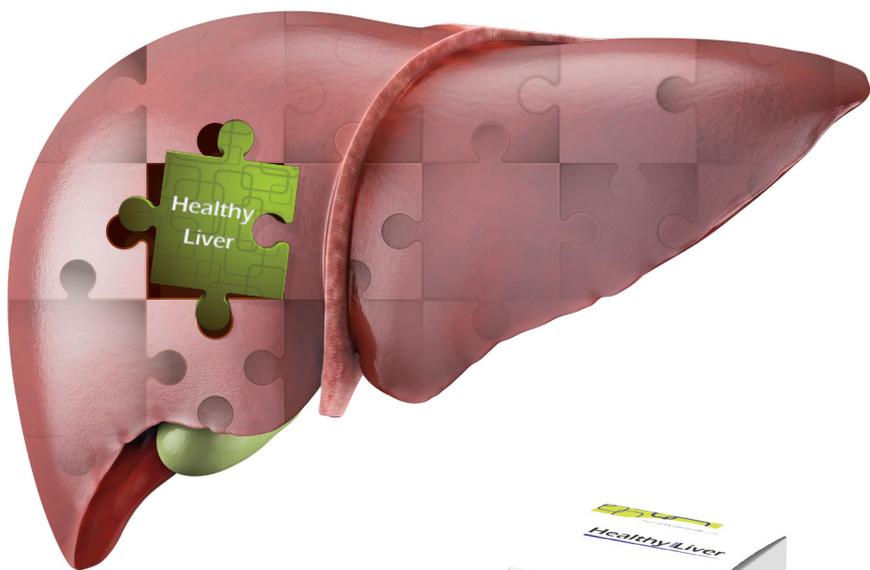


# Golden Life™



## Healthy Liver®



Helps normal liver function

30 Film Coated Tablets



Pregnant or lactating women should consult a physician before using this product.

### Interaction

No interaction with other medicinal products has been reported to date.

### Adverse effects

No adverse effect has been reported to date.

### Precautions

Always read the label and use only as directed. Keep out of reach of children.

### Storage

Keep in a cool (below 25° C) and dry place, away from direct sunlight.

Supplement Facts		
Composition per tablet		RDA%
Milk Thistle	42.86 mg	*
Globe Artichoke	120 mg	*
Inositol	50 mg	*
Choline bitartrate	50 mg	*
Methionine	25 mg	*
Taurine	25mg	*

\*Recommended daily allowance (RDA) not Established.

### Presentation

30 Film Coated tablets

### Administration

Take one tablet daily with meal.

Marketing Authorization Holder Darman Yab Darou  
Under license of Vitex Pharmaceuticals Pty Ltd (Golden Life) Australia

#### References:

- PDR for herbal medicines by Joerg Gruenwald, ph.D
- University of Maryland, medical center, Complementary and Alternative Medicine Guide, Herb <http://umm.edu/health/medical/altmed/herb/milk-thistle>
- Vincenzo Lattanzio, Paul A. Kroon, Globe artichoke: A functional food and source of nutraceutical ingredients, *Journal of Functional Foods*, Volume 1, Issue 2, April 2009, Pages 131–144



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***Cynara scolymus*****Common name: Globe Artichoke**

Artichoke has been employed as a bile stimulant and diuretic. As a traditional medicine, artichoke has been used primarily for enhancing liver and gallbladder function. Among traditional healers, artichoke has been used to treat chronic liver and gall bladder diseases, jaundice, hepatitis, arteriosclerosis and high cholesterol. Italian scientists isolated a compound from artichoke leaf called cynarin which was used as a drug to stimulate the liver and gall bladder and to treat elevated cholesterol. The herb also used for non-ulcer dyspepsia and cholera.

The Active ingredients are caffeic acid derivatives mainly cynarin. Cynarin which is responsible for bitter taste of the herb considered one of artichoke's main biologically active chemicals. It occurs in the highest concentration in the leaves of the plant. Other documented active chemicals include flavonoids, sesquiterpene lactones and polyphenols. Artichoke is used for dyspeptic problems, prophylactic treatment against the return of gallstones and also has lipid-reducing and hepato stimulating effect.

**Inositol**

It belongs to the B-complex family and helps fat metabolism along with choline. It prevents fatty build up in the liver and needs for cholesterol and some phosphatides metabolism.

It also use for treating conditions associated with polycystic ovary syndrome including failure to ovulate, high blood pressure, high triglycerides and high level of testosterone.

**Choline bitartrate**

Choline is a vitamin-like essential nutrient and a methyl donor involved in many physiological processes, including normal metabolism and transport of lipids and methylation reactions. It functions as a component of other molecules such as the neurotransmitter acetylcholine, phosphatidylcholine (lecithine) and sphingomyelin, structural constituents of cell membranes and plasma lipoproteins.

Choline deficiency causes abnormal deposition of fat in the liver, which results in a condition called nonalcoholic fatty liver disease.

**Methionine**

It is used to prevent liver damage in acetaminophen poisoning and also used for treating liver disorders. It treats alcoholism and radiation side effects.

**Taurine**

It is a non protein amino acid which used to treat liver disease (hepatitis). Taurine has antioxidant activity. It has hypocholesterolemic and detoxifying activities. The hypocholesterolemic effect of taurine is due to the stimulation of bile acid synthesis and enhancement of cholesterol 7 alpha-hydroxylase activity.

**Contraindications**

No contraindications have been reported to date.

**Pregnancy and Lactation**

This product is safe to use by pregnant or lactating women.

# Healthy Liver®

## Helps normal liver function

Liver is the second largest organ in the body and performs a number of essential functions related to digestion, metabolism and immunity. The major function of liver includes the production of bile and metabolism of carbohydrates, proteins, vitamins, fat and many other compounds used by the body. It also metabolizes drugs and detoxifies toxins.

The ingredients in Healthy Liver, especially Milk thistle protect the vital organ from toxin that may cause liver damage through antioxidant properties.

### Indications

- Liver and gallbladder complaints
- Regenerates hepatocells
- Protects liver cells against oxidative damage and toxins
- Lipid-reducing effect

### Ingredients

*Silybum marianum (L.)*

Common name: Milk Thistle

An extract of milk thistle seed is the primary botanical preparation used in Europe for supporting a healthy liver and treating liver disease. It traditionally has been used for disorders of liver, spleen and gall bladder such as jaundice and gall bladder colic. Now both oral and injectable preparations are used. The injectables are highly regarded as an effective treatment against poisoning with the potentially deadly death angel mushroom, *Amanita phalloides*.

The Active ingredients are mostly flavonoids, steroids and organic acids. The chief components are Silymarin and then silybin A, silybin B, isosilybin, silychristin and silydianin.

The drug is used for toxic liver damage, functional disorders of liver and gallbladder including jaundice, gallbladder colic, adjunctive treatment in chronic inflammatory liver disease, none-alcoholic fatty liver and hepatic cirrhosis.

#### - Hepatoprotective Effects

The hepatoprotective activity of the seed is from silymarin, in particular, silychristin and silydianin. The compounds seem to inhibit the entrance of toxins and block toxin binding sites through alteration of the liver cell's outer membrane. Silibinin decreases production of superoxide radicals and nitric oxide. Silibinin also inhibits leukotriene formation by the Kupffer cells. Silymarin increases glutathione production by the liver, intestines and stomach. Glutathione is used for detoxification cells in the liver.

#### - Protective Effects

The seed exerts an anti-inflammatory effect through inhibition of leukotriene production by silymarin. Silibinin and silychristin demonstrated remarkable stimulatory effects on proliferation rate, biosynthesis of protein and DNA, and activity of the enzyme lactate dehydrogenase in kidney cells.

#### - Liver Regenerative Effects

Silymarin stimulates RNA polymerase I in the cell nucleus of the hepatocytes, resulting in an increase of ribosomal protein synthesis and the regenerative ability of the liver.

