

# Hepatic TINCTURE

SLUGGISH LIVER  
Liver tonic

NPN 80033768

50 ml



Each ml contains					
Milk Thistle	seed	<i>Silybum marianum</i>	1:2	112 mg	Organic
Catnip	fresh leave, flower	<i>Nepeta cataria</i>	1:2	108 mg	Organic
Blessed Thistle	fresh leave, flower	<i>Cnicus benedictus</i>	1:2	96 mg	Organic
Cramp Bark	bark	<i>Viburnum opulus</i>	1:3	35 mg	Organic
Ginger	fresh rhizome	<i>Zingiber officinale</i>	1:2	29 mg	Organic
Fennel	seed	<i>Foeniculum vulgare</i>	1:3	28 mg	Organic
Alcohol, 40% to 45%, certified organic					

## DOSAGE

**INTERVENTION:** 1-2 ml, 1 to 3 times per day, for maximum 6 days. Maximum dose: 80 drops per day.

**TREATMENT:** 0.5-1.25 ml, 1 to 3 times per day, for 4 to 6 weeks. Repeat as needed.

## DIRECTIONS FOR USE

Dilute tincture in a sip of water.

For long-term treatment, take 6 days out of 7.

## MECHANISM OF ACTION

Hepatic is designed to soothe a congested or tired liver and can be used to tone the liver and gallbladder. When using liver tonics, it is important to balance cholagogue and hepatic herbs. This ensures immediate results (relaxing the liver and gallbladder, improving digestion, reducing nausea and bloating), as well as more permanent effects and significantly improved liver health. The liver has a wide variety of functions that can easily become imbalanced through overeating, irritants (coffee, alcohol, sugar), stress, fatigue and lack of sleep. Hepatic can be taken as treatment (when the liver is congested, tense or lazy) or prevention (during a spring cleanse, before a large meal with plenty of alcohol or when the seasons change). It can be taken selectively or on a more regular basis.

**MILK THISTLE:** a liver protector and regenerator, milk thistle is highly recommended for all liver and gallbladder problems. Antioxidant and anti-inflammatory, it protects and rebuilds the liver without overstimulating it.

**CATNIP:** eases digestion and reduces flatulence. Recommended for indigestion and colic. An aromatic, calming herb, catnip reduces digestive spasms and hepatic tension.

**BLESSED THISTLE:** a stomach tonic, blessed thistle is a bitter, resinous herb that stimulates the salivary glands and gastric secretions. An anti-nauseant and antispasmodic, it opens the digestive tract, promotes movement and releases tension in the stomach, gallbladder and liver.

**CRAMP BARK:** an antispasmodic of the liver and gallbladder, it soothes contractions of the smooth muscles and is beneficial for colics and spasms of the digestive system.

**GINGER:** an abdominal stimulant, ginger tones the circulation and heats up the abdominal area. It is a carrier for other hepatic herbs and is also slightly hepatoprotective.

**FENNEL:** a carminative, fennel is a moderate aromatic that moderately stimulates digestion. It is an antispasmodic tonic that releases tension and gently restarts the digestive process. We use sweet fennel, which is less bitter and therefore less stimulating.

## HELPFUL ASSOCIATIONS

**PEPPERMINT** tincture for bloating, flatulence, spasms and indigestion. Take 15 drops, 1 to 3 times per day.

**TURMERIC** capsules for digestive inflammation, chronic hepatic sluggishness and slow digestion. Take 3 to 6 capsules per day.

**FENNEL, CUMIN, CORIANDER** infusion for slow digestion, constipation and intoxication.

**LIVERTOP** for hepatic sluggishness, constipation, headache, fatigue and liver-related insomnia. Take 3 to 5 capsules at bedtime.

**DIGESTOP** for digestive tract irritation. Take 1 to 3 capsules per day with **PLANTAIN** infusion.

## ETHNOBOTANY

**Digestive and liver problems:** liver congestion and fatigue, bilious attack, gallstones, nausea, indigestion, colic, flatulence, intestinal atony, constipation, intestinal cramps, gastroenteritis, gas, bloating, motion sickness.

## CONTRA-INDICATIONS

Consult a health care professional if symptoms persist or worsen. Do not use if pregnant or breastfeeding.

## INTERACTIONS

No known drug interactions.

## REFERENCES

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All ingredients certified organic.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

