



# Lipotropic Detox

Introduced 2007



## What Is It?

Lipotropic Detox promotes the breakdown of fats in the liver, allowing for healthy bile flow and toxin metabolism. The nutrients in this formula also support methylation reactions for broad cellular and biological support.\*

## Uses For Lipotropic Detox

**Hepatic Function:** The lipotropic agents in this formula, choline, betaine, methionine, vitamin B<sub>6</sub>, vitamin B<sub>12</sub> and folic acid (Metafolin® L-5-MTHF), support healthy hepatic fat metabolism and bile flow. Efficient processing and breakdown of fats in the liver maintains healthy overall liver function and detoxification. These nutritional factors are also highly recognized for their ability to maintain healthy homocysteine metabolism. Taurine, curcumin, silymarin and artichoke support healthy bile flow, gene expression and the body's normal toxin metabolism.\*

**Cellular Health:** As methyl donors, choline, betaine, methionine, vitamin B<sub>6</sub>, vitamin B<sub>12</sub> and folate (Metafolin® L-5-MTHF) are critical for methylation, a widespread biochemical process in the body that involves transferring a methyl group to another compound. Methylation of DNA supports healthy DNA integrity and stability, important for liver, colon and overall cell health. Folate is provided in this formula as Metafolin®, the naturally occurring, universally metabolized form of folate. Metafolin® is chemically identical to the active folate metabolite, 5-methyltetrahydrofolate (L-5-MTHF). L-5-MTHF is the predominant, naturally occurring form of folate in food. Through bypassing several enzymatic activation steps, it is directly usable by the body and provides all of the benefits of folic acid regardless of functional or genetic variations.\*

## What Is The Source?

Pyridoxine HCl (B<sub>6</sub>), folate (Metafolin® L-5-MTHF), choline, taurine and L-methionine are synthetic. Methylcobalamin (B<sub>12</sub>) is derived from corn dextrose fermentation. Inositol is derived from rice bran. Trimethylglycine (anhydrous betaine) is derived from sugar beets. Turmeric extract is derived from *Curcuma longa* root and standardized to contain 95% curcuminoids. Milk thistle extract is derived from *Silybum marianum* fruit and standardized to contain 80% silymarin. Artichoke extract is derived from *Cynara scolymus L.* leaf and is standardized to typically contain 5% cynarins. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypoallergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations recommends 1-2 capsules with each meal.

## Are There Any Potential Side Effects Or Precautions?

Trimethylglycine and turmeric can cause G.I. upset, including nausea or diarrhea. Artichoke and curcumin should be used with caution in patients with bile duct obstruction. Artichoke and milk thistle should be avoided by individuals with allergies to members of the aster (*Asteraceae/Compositae*) family. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Some studies have reported that milk thistle and turmeric can affect the way that the liver breaks down medications metabolized by the cytochrome P450 system, altering the effects of these medications and possibly the dose needed for treatment. Turmeric may be contra-indicated with blood thinning medications. Consult your physician for more information.

## Lipotropic Detox

two vegetarian capsules contain  v 00

vitamin B <sub>6</sub> (as pyridoxine HCl).....	5 mg
folate (as Metafolin®, L-5-MTHF) .....	100 mcg
vitamin B <sub>12</sub> (as methycobalamin).....	50 mcg
choline bitartrate.....	300 mg
inositol .....	150 mg
l-methionine (free-form) .....	150 mg
taurine (free-form).....	100 mg
trimethylglycine (anhydrous betaine) .....	100 mg
turmeric (curcuma longa) extract (root) .....	75 mg
(standardized to contain 95% curcuminoids)	
milk thistle (silybum marianum) extract (seed).....	75 mg
(standardized to contain 80% silymarin)	
artichoke (cynara scolymus L.) extract (leaf).....	50 mg
other ingredients: hypoallergenic plant fiber (cellulose), ascorbyl palmitate, vegetarian capsule (cellulose, water)	

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Metafolin® is a registered Trademark of Merck KGaA, Darmstadt, Germany.