

Bitter substances

from turmeric, artichoke, gentian, dandelion, pomegranate, ginger, milk thistle, saffron

Choline

Liver function and strong psyche/nerves

Liver function

Digestion of fats
Strong psyche
Immune system
More energy and lightness
Acid-base balance

Energy activators

Coenzyme Q10, L-carnitine, astaxanthin, OPC pine bark extract

Micronutrients for liver metabolism

D, E, B₆, B₁₂, folic acid, zinc and selenium

Important additional anti-ageing tips for a well-functioning liver-intestinal system:

- Drink 2 litres of water daily (washes out connective tissue-damaging uric acid).
- Exercise outdoors several times a week. Duration at least 40 to 45 minutes.
- Eat fresh fish twice a week or take omega-3 fish oil capsules.
- Eat lots of fresh fruit, berries and vegetables. Caution: Avoid fructose!
- Reduce sweets. Increase bitter substances.
- Ensure a good supply of micronutrients. Supplement if necessary.
- Limit meat consumption to 2-3 times a week.
- Reduce excess weight.
- Use high-quality oils such as olive oil or rapeseed oil for cooking.
- Take sufficient dietary fibres (whole grain products with dietary fibres).
- Regularly include fermented foods such as yoghurt, sauerkraut, apple vinegar, kefir, and hard cheese in the diet.

<https://swisshealthproducts.com/en/amaraxanthin>



SWISS Health Care AG
Marktplatz 4, 79576 Weil am Rhein
Germany
Phone +49 (0)7621 583 41 46
info@shc.ag • www.shc.ag

Bitter substances for the liver and for Body & Soul

**Bitter substances • Choline
Micronutrients • Energy activators Q10
Astaxanthin**



The liver – bitter substances support it!

Bitter substances are important for the liver – strengthen the body, the immune system and the psyche; have strong slow-ageing properties and reduce sugar craving.

Bitter is one of the five flavours besides sweet, sour, salty and umami. But the incredibly important bitter substances have been cultivated out of our food over the decades in favour of sweet. They are the ones who really cheer on our digestion and liver metabolism! And they also offer many other advantages: They strengthen the immune system, create a healthy intestinal flora, slow down ageing processes, tighten the skin, help eliminate pollutants, improve brain performance, but also contribute to mental acuity and generally satisfaction – just to name a few of their positive properties! Bitter substances are base donors!



Bitter substances can be found in milk thistle, turmeric, artichoke, gentian, dandelion, pomegranate, ginger, saffron and many other plants.

Bitter substances reduce sugar craving.

Bitter substances convey the feeling: I'm full.

Bitter substances get digestion going.

Bitter substances promote fat burning.



Choline – micronutrient for liver function, fat metabolism and nerve functions

Choline, a natural micronutrient, is a precursor of phosphatidylcholine and acetylcholine, is related to the B vitamins, and is important for the following body functions:

- Metabolism of dietary fats
- Removal of triglycerides from the liver
- Increase in liver capacity
- Increase in memory performance or inhibition of degenerative diseases of the brain
- Transmission of stimuli between nerves and muscles
- Structure and reinforcement of cell membranes
- Communication between cells, DNA synthesis
- Regulation of homocysteine levels (risk factor for atherosclerosis) synergistically with B vitamins

L-lactic acid from calcium lactate (calcium-L(+)-lactate) – beneficial for the intestines and liver

The L-(+)-lactic acid is valued for its multiple positive effects on intestinal and liver health. Especially in the intestine, lactic acid has a regulating effect on digestion by promoting a healthy intestinal flora by acidifying the intestinal environment. For the healthy colon flora, an acidic environment is vital because it is optimal for the probiotic bifidobacteria and lactobacilli. Lactic acid also plays an important

role for the liver, as it promotes the excretion of ammonia via the intestine and thus relieves the liver.

These essential micronutrients help the purification functions of the liver-intestinal system

Vitamin D, E, B₆, B₁₂, folic acid as well as zinc and selenium help the liver with its many functions and support the reduction of pollutants.

Energy activators – coenzyme Q₁₀, L-carnitine, astaxanthin and pine bark OPC

95 percent of the cell energy is activated by coenzyme Q₁₀. L-carnitine has a liver cell-protective and xenobiotic effect, but is also of great importance for energy production. The two antioxidants astaxanthin and OPC pine bark extract increase physical and mental performance and drive!

A cure with the above-mentioned micronutrients is recommended annually for 3 months.

