

Phyllanthus Complex

(Hypoallergenic)



Item # 70750
120 Vegetarian Capsules

The Possible Benefits of Phyllanthus Complex, a Dietary Supplement

- Provides synergistic hepatoprotective effect of three powerful herbs in one formula
- Provides support for healthy phase II liver detoxification and glutathione efficiency
- Supports healthy liver, kidney, gall bladder and digestive functions

Description

Phyllanthus Complex provides significant amounts of three important herbs for supporting optimal liver function. The liver is the main metabolic processing organ in the body, and it performs the crucial task of disarming toxins ingested from air, water, food, drugs, or created from the body's metabolism, so they can be safely eliminated. The liver also manufactures bile, which is then stored in the gall bladder. The detoxification process of the liver works in two phases. The first, called the mixed-function oxidase system, oxidises toxins, often creating molecules more toxic than the original molecules. The second phase, called the conjugation phase, converts the toxic metabolites from phase I into harmless molecules, such as glucuronides, ester sulphates, and glutathione conjugates.

The Phyllanthus genus encompasses more than 600 species, found throughout the tropics and subtropics from Asia to the Americas. The species Phyllanthus amarus, P. niruri and P. urinaria are closely-related in appearance, phytochemical structure and history of use. (Some experts now classify P. amarus as a type of P. niruri.) They have been utilised by traditional healers all over the world, and their common names include chanca piedra, quebra pedra ("stone breaker" or "shatter stone"), bahupatra, and bhoomi amalaki. Phyllanthus has long been used in Ayurvedic medicine and by native healers in South America, primarily to support healthy biliary and urinary systems, including the gall bladder, kidney and liver. Researchers in China, India and Great Britain confirm that phyllanthus has significant

hepatoprotective properties. In rodent studies, phyllanthus was found to protect the liver from alcohol and chemical toxins, and to protect chromosomes from damage induced by chemical toxins or radiation. Phyllanthus may also support aspects of the immune system. Brazilian researchers showed in 1990 that tea made from phyllanthus increased sodium and creatine excretion. A 1999 in vitro clinical study demonstrated the inhibition of calcium oxalate crystal formation, and a 2002 in vivo study confirmed the inhibition of the growth of the matrix calculus. Active ingredients in phyllanthus include the lignans phyllanthine, phyllanthanol, phyllochrysin, phyllanthin, and hypophyllanthin; the bioflavonoids quercetin, quercetinol, quercitrin, rutin; and alkaloids, glycosides, saponins, and catechins.

Dandelion is found all over the world, and has traditionally been used both for food and to support health. Traditionally it has been used to support healthy liver, gall bladder and digestive function, and to promote healthy skin. It enhances bile production in the liver and its release from the gall bladder, and can have a mild diuretic and laxative action.

These actions together give dandelion a remarkable cleansing effect in the body, supporting detoxification as well as improving the absorption of nutrients. Because it contains high levels of potassium salts, it does not promote potassium depletion as can other diuretics. The active constituents characterised so far include taraxacerin, taraxacin, inulin, laevulin,

and resins, carbohydrates, flavonoids, unsaturated fatty acids and other nutrients.

Milk thistle grows all over the globe, including Europe, Asia, and the Americas. Although farmers sometimes consider it a noxious weed, it has a long history of use for liver support. Modern research confirms that milk thistle may offer significant protection for the liver. It has been shown to help protect the liver from damage from exposure to carbon tetrachloride and other pollutants, alcohol ingestion, or acetaminophen

overdose. It stimulates the flow of bile and urine, aiding digestion and the excretion of toxins from the body. Silymarin, a mixture of various flavono-lignans, is the major active component of milk thistle and is typically standardised for best results. Silymarin protects hepatocytes through an action on their membranes, stimulates hepatic protein synthesis, inhibits lipoxygenase, functions as an antioxidant, and supports phase II liver detoxification by preventing glutathione depletion.

Serving Size: 1 Capsule

Servings Per Container: 120

Amount Per Serving:

<i>Phyllanthus amarus</i> (Leaves) Extract	200 mg
Milk Thistle (<i>Silybum marianum</i>) (Seed) Extract (standardized to 80% silymarin)	200 mg
Dandelion (<i>Taraxacum officinale</i>) (Root) Extract	200 mg

Other ingredients: Hydroxypropyl methylcellulose, cellulose, L-leucine.

Suggested Use: As a dietary supplement, 1 capsule two or three times daily with meals, or as directed by a healthcare practitioner.

Selected References

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