

Vitasei Liver Complex 30 Vcaps

Food supplement that helps maintain normal liver function

Ingredients:

- **Milk thistle**
- Artichoke
- Choline
- **Curcuma Longa**
- **Black Pepper**
- Vitamins: B1, B3, B5, B12, C and E.
- L-arginina



Benefits of the ingredients

○ **Milk Thistle extract / 80% Silymarin / 30% Silybin**

Plant that is responsible for strengthening liver cells and reducing the absorption of toxins.

Benefits and properties of milk thistle to cure fatty liver. This plant contains silymarin in its seeds, this is made up of flavonoids such as silybin, silidianin and silicristin, which are responsible for strengthening liver cells and reducing the absorption of toxins.

○ **Dry extract of artichoke leaves**

It contributes to the normal functioning of the liver and the elimination of toxins.

What benefits does artichoke have for the liver?

The artichoke helps eliminate toxins, especially uric acid, and thus prevents fluid retention. The liver is the organ that most appreciates the consumption of artichokes. This stimulates the production of bile and is a great adjuvant for liver diseases.

Artichoke leaf extract is a good phytotherapeutic option due to its great D-TOX properties. Its powerful antioxidant and protective power on liver cells is remarkable.

- **Choline**

Choline contributes to maintaining normal liver function.

EFSA CLAIM: Scientific Opinion on the substantiation of health claims related to choline and contribution to normal lipid metabolism (ID 3186), maintenance of normal liver function (ID 1501), contribution to normal homocysteine metabolism (ID 3090), maintenance of normal neurological function (ID 1502), contribution to normal cognitive function (ID 1502), and brain and neurological development (ID 1503) pursuant to Article 13(1) of Regulation (EC) No 1924/2006

What vitamin is choline?

Choline is an essential nutrient that is part of the water-soluble vitamins of group B. Choline is necessary for the proper functioning of the liver, muscles and brain, as well as for lipid metabolism, cell membrane composition and repair.

- **Curcuma longa extract (Turmeric)**

Turmeric is a powerful protector of the liver, which has been used as a traditional remedy for many affections of this organ for centuries in Asian medicine. This effect is due to its hepatoprotective components and the antioxidant properties.

Functions of turmeric for the liver

- Regenerates liver cells: In both in vitro and in vivo studies, turmeric has shown hepatoprotective properties by stimulating the metabolic processes that precede the creation of new liver cells (stimulates the synthesis of DNA or genetic material of these cells).
- Stimulates liver detoxification processes. and detoxifying in the liver.
- Powerful antioxidant properties that help fight free radicals. In addition, it increases the levels of natural antioxidants in the body in liver cells such as glutathione. Glutathione is a powerful antioxidant that is used by the liver to eliminate and neutralize toxins.
- Reduces inflammation.
- Improves the digestion of fats (helps the liver in its digestive properties)

- **Black pepper extract**

Improves and multiplies the absorption of turmeric.

It helps improve digestion and therefore helps the liver in its digestive properties.

- **Vitamins: B1 (Thiamine), B3 (Niacin), B5 (pantothenic acid), B12 (Cyanocobalamin), C (Ascorbic Acid) and E (DL-alpha-tocopheryl acetate). EFSA CLAIM.**

The liver is one of the main purification organs of the body, but for its correct functioning it is necessary that we provide it with the necessary substances. Vitamins will play an important role in this aspect, and for this reason it is necessary that we acquire adequate eating habits, since the liver is an organ that can be very affected for reasons such as excessive alcohol intake or taking very strong medications. which make it weak.

As always, food will play an essential role. In this case, it will help us strengthen the liver and improve its condition, specifically that of the hepatocytes, which are responsible for the proper functioning of this organ. For this functioning to be correct, the liver needs the contribution of a series of specific vitamins such as B1 or thiamin, B3 or niacin, B5 or pantothenic acid and B 12 or cyanocobalamin.

- **Vitamin B1** Thiamine (Vitamin B1) contributes:
 - To normal energy metabolism.
 - To the normal functioning of the nervous system.
 - To normal psychological function.
 - To the normal functioning of the heart.

○ **Niacin (VITAMIN B3) helps reduce tiredness and fatigue, and contributes:**

- to normal energy metabolism.
- to the normal functioning of the nervous system.
- normal psychological function.
- to the maintenance of the mucosa in normal conditions.
- to the maintenance of the skin in normal conditions.

○ **Vitamin B5 Pantothenic acid**

Pantothenic acid (Vitamin B5) helps reduce tiredness and fatigue and contributes:

- to normal energy metabolism.
- to normal intellectual performance.

○ **Vitamin B12 (Cyanocobalamin)**

Vitamin B12 helps reduce tiredness and fatigue and contributes:

- to normal energy metabolism.
- to the normal functioning of the nervous system.
- to normal psychological function.
- to the normal formation of red blood cells.
- to the normal functioning of the immune system.

○ **Vitamin C (L ascorbic acid)**

Vitamin C improves the absorption of iron, helps to reduce tiredness and fatigue and contributes to:

- to the normal functioning of the immune system from day to day and during and after intense physical exercise.
- to the normal formation of collagen for the normal function of blood vessels, skin, gums, teeth, bones and cartilage.
- normal energy metabolism.
- to the normal functioning of the nervous system.
- to normal psychological function.
- to the protection of cells against oxidative damage.

○ **Vitamin E (DL-alpha-tocopheryl acetate)**

Vitamin E contributes to the protection of cells against oxidative damage.

○ **L-arginine HCl**

Arginine is an amino acid considered conditionally essential that participates in protein synthesis. In addition, it can serve as an energy source, plays an important role in wound healing, participates in the synthesis of collagen and contributes to the correct function of the cells of the immune system.

One of the most important functions of arginine is the detoxification of ammonia, a product of the catabolism of other amino acids through the urea cycle.

What is urea and what is it used for?

A substance that is formed by the breakdown of protein in the liver. The kidneys filter urea from the blood into the urine.