

Quality is our Passion
 Passion Flower (*Passiflora incarnata*)

LivCo®

LivCo® is a unique combination of Schisandra berries, concentrated Milk Thistle seed and Rosemary leaf. Schisandra berries have been used as a tonic in traditional Chinese medicine.¹ Clinical trials suggest that to be effective Milk Thistle products should contain substantial levels of the important plant constituents: flavanolignans (collectively known as silymarin). The main flavanolignans are silybin, silychristin and silydianin. In these trials, concentrated Milk Thistle seed extract was used to support liver function.^{2*}

How LivCo® Keeps You Healthy

Aids in the elimination of toxins and cleanses the liver

Milk Thistle has been used traditionally to aid in the elimination of toxins and cleanse the liver.^{3*}

One of the ways this is achieved is due to enterohepatic circulation – the circulation that occurs between the intestine and the liver.^{3,4}

- after the flavanolignans in Milk Thistle are swallowed they are absorbed in the intestine
- then excreted from the liver in the bile
- and then they are reabsorbed in the intestine*

This means that the cells of the liver are in contact with the flavanolignans at a higher concentration than the level reached in the bloodstream.^{3,4} It is the contact at the cellular level of the liver that is important (see next).*

Protects liver tissue

Milk Thistle and Schisandra help protect liver tissue.^{1,5} Constituents of Schisandra known as lignans are likely to be important for this activity. Schisandra lignans may do this by enhancing the normal production of the antioxidant glutathione in the liver.^{1*} (See below – Antioxidant Protection.)

The flavanolignans of Milk Thistle help to ensure the integrity of the liver cell:

- from the damaging effects of excessive free radicals^{5,6}
- by eliminating toxins^{5*}

The flavanolignans of Milk Thistle also provide support by increasing the normal rate of synthesis of structural and functional proteins in liver cells. This helps the liver’s normal repair process.⁵ This increase in the normal synthesis of proteins is also one of the ways Schisandra helps protect liver tissue.^{1*}

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	40, 120	
Amount per Serving		%DV
Calories	2	
Calcium	20 mg	2%
Schisandra fruit 4:1 extract from <i>Schisandra chinensis</i> fruit 1.0 g	250 mg	†
Rosemary leaf 5:1 extract from <i>Rosmarinus officinalis</i> leaf 500 mg	100 mg	†
Milk Thistle seed 70:1 extract from <i>Silybum marianum</i> seed 2.1 g	30 mg	†
Containing flavanolignans calc. as silybin 24 mg		

† Daily Value (DV) not established.

Other ingredients: Calcium acid phosphate, cellulose, silica, sodium starch glycolate, hypromellose and magnesium stearate.

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements.

Product No	Content
M1360	40 Tablets
M1365	120 Tablets



LivCo® M1360 / M1365



Associate Professor Kerry Bone
 MediHerb Co-Founder and
 Director of Research and Development

A Phytotherapist’s Passion

“Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature.”

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Supports healthy liver function and digestive health

Rosemary leaf has been used traditionally to support healthy liver function and when the digestion requires support.^{7*}

Provides antioxidant protection

Antioxidants help protect cells from the damaging effects of excessive free radicals. Free radicals are highly reactive substances created in the body that may affect cells.*

As well as protecting liver cells directly from the damaging effects of excessive free radicals, the flavanolignans of Milk Thistle may also provide broader antioxidant protection. They may do this by enhancing the normal production of some of the body's antioxidants: superoxide dismutase and the glutathione system.¹ This means that the flavanolignans may provide antioxidant protection for other body tissues as well as the liver.*

What Makes LivCo® Unique

LivCo® is unique in the professional herbal products industry because:

- It is a liver support product that also provides antioxidant protection
- It states on the label exactly how much each tablet contains of the important plant constituents (flavanolignans)
- MediHerb tests the quantity of flavanolignans in Milk Thistle raw material
- MediHerb's testing also ensures the flavanolignans are retained in the product throughout manufacture
- MediHerb developed an accurate chemical analysis to assess the true level of flavanolignans

Unique Manufacture & Analytical Testing

Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Unique extraction method using cold percolation for the Schisandra and Rosemary components of this tablet (this protects the delicate plant constituents, ensuring a full range of constituents)
- Raw materials and finished product are subjected to tough quality standards, including use of the latest and most relevant chemical analysis methods

References

- ¹ American Herbal Pharmacopoeia. Schisandra Berry - *Schisandra chinensis*: Analytical, Quality Control, and Therapeutic Monograph. American Herbal Pharmacopoeia, Santa Cruz, October 1999.
- ² Blumenthal M, Brinckmann J, Wollschlaeger B. *The ABC Clinical Guide to Herbs*. American Botanical Council, Austin, Texas, 2003.
- ³ Rainone F. *Am Fam Physician* 2005; **72**(7): 1285-1288
- ⁴ Faulstich H, Jahn W, Wieland T. *Arzneim Forsch* 1980; **30**(3): 452-454
- ⁵ Wellington K, Jarvis B. *BioDrugs* 2001; **15**(7): 465-489
- ⁶ Fraschini F, Demartini G, Esposti D. *Clin Drug Invest* 2002; **22**(1): 51-65
- ⁷ *ESCOP Monographs: The Scientific Foundation for Herbal Medicinal Products*, 2nd Edn. ESCOP, European Scientific Cooperative on Phytotherapy, Exeter, 2003.



Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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