

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

## Livton® Complex: Sustainable Liver Toning

Livton® Complex is a unique combination of concentrated Milk Thistle seed extract, Globe Artichoke leaf, Dandelion root, Bupleurum root and Fringe Tree stem bark.\*

### The importance of the liver

A poorly functioning liver can have a wide-ranging effect on health eg sluggish digestion, constipation and digestive issues such as food intolerances. The liver is actively involved in the processing of what we ingest (take into our body). It also has to deal with any pollutants that we are exposed to. Alcohol, drug medications (eg painkillers, contraceptive pill) and a diet high in fat may put the liver under stress.<sup>1\*</sup>

Closely associated with the liver is the gallbladder. The liver makes bile which is stored in the gallbladder. Bile plays an important role in fat digestion and absorption. It also helps with excretion of several important waste products from the blood.<sup>2\*</sup>

### What is a liver tonic?

A tonic is popularly thought of as something that makes you feel better, stronger or healthier. Natural clinicians use liver tonics to improve the tone, vigor and function of the liver.<sup>3</sup> Improving the tone assists with the proper functioning of the liver tissues providing healthy responses when challenged.\*

‘Spring tonics’ have been used for centuries and were often based upon liver herbs, to ensure that, after a winter of unhealthy food the liver would be strengthened. They helped in cleansing and refreshing the whole body. Because the modern diet is often less than ideal a ‘spring tonic’ is useful at any time of the year.<sup>4</sup> Spring or liver tonics are recommended when the liver is under stress or not functioning well.<sup>3\*</sup>

### Why use herbal products from an environmentally-responsible manufacturer?

Herbal products are made from living plants. It is very important that as consumers and manufacturers we do all we can to ensure the continuation of these important plant species. Many species are threatened by destruction of their habitat and by unsustainable harvesting. One plant under threat is Fringe Tree (*Chionanthus virginica*) which is native to the United States. It is a large shrub or small tree that can grow to about 20 feet (6 m) and has showy, creamy white flowers. The bark of the root has been used therapeutically. But harvest of the root bark often results in death of the tree.\*

One strategy to solve destructive harvesting is use a different part of the plant (eg leaves, twigs or stem) instead of the underground parts. But it is necessary to evaluate the differences and similarities between various parts of the same plant with respect to chemical composition. This is called a phytochemical comparison.<sup>5\*</sup>

### Supplement Facts

Serving size:	1 tablet	
Servings per container:	40, 120	
Amount per Serving		%DV
Calories	2	
Calcium	40 mg	4%
Globe Artichoke leaf 4:1 extract from <i>Cynara scolymus</i> leaf 800 mg	200 mg	†
Dandelion root 4:1 extract from <i>Taraxacum officinale</i> root 400 mg	100 mg	†
Milk Thistle fruit 70:1 extract from <i>Silybum marianum</i> fruit 7.0 g Containing flavanolignans calculated as silybin 80 mg	100 mg	†
Bupleurum root 4.5:1 extract from <i>Bupleurum falcatum</i> root 300 mg	66.7 mg	†
Fringe Tree stem bark 5:1 extract from <i>Chionanthus virginica</i> stem bark 160 mg	32 mg	†

† Daily Value (DV) not established.

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

**Caution:** Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Contraindicated in closure of the gallbladder. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements. Use only with professional supervision in gallstones.

Product No	Content
M1372	40 Tablets
M1378	120 Tablets



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.”

MediHerb's Research & Development team conducted a phytochemical comparison and found that there would be no loss of quality in switching from the root bark to the stem bark.<sup>6</sup> In addition to this proactive example, MediHerb also has an active company policy regarding endangered and threatened medicinal plants.\*

## How Livton® Complex Keeps You Healthy

### Supports healthy liver and gallbladder function

Dandelion root, Globe Artichoke, Milk Thistle seed and Bupleurum are traditional liver tonics.<sup>1,7</sup> These herbs and Fringe Tree root bark have been used traditionally to support healthy liver and gallbladder function.<sup>1,3,8</sup> A review of controlled clinical trials found that concentrated Milk Thistle seed extract may support liver function by helping ensure the integrity of the liver cell.<sup>9\*</sup>

### Encourage healthy digestive function and assimilation

Many herbs that are used to support liver function also encourage healthy digestive function.<sup>1</sup> One of the main reasons is that all these herbs, except Bupleurum, assist the normal flow of bile from the liver and/or the gallbladder.<sup>1,3</sup>

An uncontrolled trial found that Globe Artichoke extract helped in those with mild digestive problems. Significant improvement was found after 2 months compared to before treatment for:<sup>10</sup>

- inability to finish a regular meal
- fullness after eating or slow digestion

## What Makes MediHerb Livton® Complex Unique

Livton® Complex from MediHerb is unique in the professional herbal products industry because:

- It states on the label exactly how much each tablet contains of the important plant constituents (flavanolignans)
- Top quality and sustainably wildcrafted Dandelion root and Fringe Tree stem bark are used in the manufacture of this tablet
- MediHerb tests the quantity of flavanolignans in Milk Thistle raw material, and ensures the flavanolignans are retained in the product throughout manufacture
- MediHerb developed an accurate chemical analysis to assess the true level of flavanolignans
- It contains Fringe Tree stem bark to help ensure continuity of supply and sustainable environmental practice

## 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 Dandelion root, Bupleurum and Fringe Tree 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

- <sup>1</sup> Mills S, Bone K. *Principles and Practice of Phytotherapy: Modern Herbal Medicine*. Churchill Livingstone, Edinburgh, 2000.
- <sup>2</sup> Guyton AC, Hall JE. *Textbook of Medical Physiology*, 10th Edn. W.B. Saunders, Philadelphia, 2000.
- <sup>3</sup> Bone K. *Clinical Guide to Blending Liquid Herbs. Herbal Formulations for the Individual Patient*. Churchill Livingstone, USA, 2003.
- <sup>4</sup> Hoffmann D. *The Complete Illustrated Holistic Herbal: A Safe and Practical Guide to Making and Using Herbal Remedies*. Element Books, Rockport 1996.
- <sup>5</sup> Zschocke S, Rabe T, Taylor JL et al. *J Ethnopharmacol* 2000; **71**(1-2): 281-292
- <sup>6</sup> Penman KG, Bone KM, Lehmann RP. Information on file. MediHerb Research Laboratories, 3/85 Brandl Street, Eight Mile Plains, Brisbane, Queensland, 4113, Australia, 2006.
- <sup>7</sup> World Health Organization. *Medicinal Plants in the Republic of Korea*. WHO Regional Office for the Western Pacific, Manila, 1998.
- <sup>8</sup> Huang KC. *The Pharmacology of Chinese Herbs*. CRC Press, Boca Raton, 1993.
- <sup>9</sup> Crocenzzi FA, Roma MG. *Curr Med Chem* 2006; **13**(9): 1055-1074
- <sup>10</sup> Marakis G, Walker AF, Middleton RW et al. *Phytomedicine* 2002; **9**(8): 694-699



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## 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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