Liver Tonic™ (Milk Thistle/Oregon Grape Complex). Protects and repairs the liver. Relieves liver and gall bladder pain that may occur after excessive ingestion of fatty foods, alcohol, coffee and chocolate. Should be taken by people exposed to aromatic hydrocarbons, solvents, paints, thinners, etc. Use when there are elevated liver enzymes (SGOT, SGPT), difficulty digesting fats, or during hepatitis flare-ups. Also for mild frontal headaches after fatty meals, for mild constipation and simple jaundice. Finally, it lowers high bilirubin levels.
Ingredients: Milk Thistle, Toadflax, Oregon Grape, Echinacea, Licorice, Greater Celandine, Fringetree, Culver's root, Blue Flag.
Dose: Take 15-25 drops or one softgel two or three times a day.
Contraindications: Not in pregnancy.