

Liver Loving Nutrients

Phase 1

- Milk thistle seed extract
- Dandelion root extract
- B2, B3, B5, B9, B12
- Flavonoids
- L-glutathione/ NAC
- Phospholipids
- Amino-acids

Methylation

- Choline
- Trimethylglycine
- MSM
- Beetroot
- Betaine HCl

Bile Synthesis

- Dandelion root extract
- Milk thistle seed extract
- Ginger root
- Phosphatidylcholine
- Taurine

Nourish Pharmacy

Our Nourish Pharmacy (FullScript) has many wonderful Liver Loving Supplement options. Simply Visit this link, create an account and receive 10% off. Visit [here](#).

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Phase 2

- Amino Acids (Cysteine, Glycine & Glutamine)
- Sulphur containing amino acids – Glutathione, Cysteine & Taurine
- Magnesium
- Methionine

Liver Loving Foods

- Protein – Protein sources such as good quality meat, poultry, fish, eggs, legumes and good quality dairy products all contain amino acids, zinc and B vitamins that are all vital for Phase 2 detoxification
- Cruciferous veggies – broccoli, kale, radish, cauliflower, Brussel sprouts, bok choy, cabbage, turnips and sprouts (contain those sulphur amino acids)
- Nuts & seeds – contain zinc, B vitamins and magnesium and brazil nuts contain high amounts of selenium
- Fruits such as orange, kiwi fruit, lemon, papaya, strawberries, raspberries, banana and avocado contain vitamin C and magnesium
- Vegetables including dark leafy greens contain vitamin C, B vitamins and magnesium
- Whole grains such as brown rice and oats great sources of B vitamins