

LIPID RESCUE

Phosphatidylcholine (PC), phosphatidylinositol (PI), and phosphatidylethanolamine (PE) are key phospholipids that provide essential structural and functional benefits to cellular health.

Phosphatidylcholine supports liver detoxification and membrane integrity, facilitates bile flow, and promotes neuronal repair, making it beneficial in liver disease, cognitive decline, and neuroinflammation.

Phosphatidylinositol plays a critical role in intracellular signaling and membrane trafficking, supporting insulin sensitivity, neurotransmitter balance, and mood regulation—particularly through its role in second messenger systems that regulate calcium signaling and neuroplasticity. Phosphatidylethanolamine, a major component of mitochondrial and endoplasmic reticulum membranes, enhances membrane fluidity, supports mitochondrial function, and contributes to autophagy and cellular repair processes. Together, these phospholipids improve cellular communication, restore membrane resilience, enhance detoxification, and optimize neurological and metabolic function, providing wide-ranging clinical benefits across neurodegenerative, hepatic, and inflammatory conditions.

LIVER MATRIX

Oral liver glandular supplements—derived from bovine or porcine liver—are used in integrative and functional medicine to support hepatic detoxification, metabolic balance, and overall vitality. They provide a concentrated source of bioavailable nutrients naturally found in healthy liver tissue, including B vitamins (notably B12 and folate), iron, zinc, copper, and key amino acids like methionine and cysteine that aid in phase I and II detoxification pathways. Clinically, liver glandulars may enhance energy production, red blood cell formation, and methylation capacity while supporting glutathione synthesis and antioxidant defense. Some practitioners also use them to help restore nutrient reserves in patients with fatigue, anemia, poor detoxification, or chronic toxic exposure. When sourced from healthy, grass-fed animals and processed at low temperatures to preserve enzyme and cofactor activity, oral liver glandulars can provide a safe, nutrient-dense adjunct to therapy for hepatic and systemic support.

BILE ACID COMPLEX

Altilix (Artichoke) Altilix® is a powder extract derived from the leaves of a specific artichoke cultivar: *Cynara cardunculus* var. *altilis*. It's standardized to contain certain bioactive compounds—namely chlorogenic acids and luteolin-7-glucosides (and their derivatives). The product is positioned as a nutraceutical raw material (i.e., for use in dietary supplements) rather than a conventional food. According to human studies, Altilix® can help with Metabolic health, including support for glucose metabolism and lipid (fat) parameters. Liver function / hepatic health, including improvements in markers of fatty liver and liver enzymes.

Cardiovascular support, such as improvements in endothelial function (blood vessel lining) and reduction of carotid intima-media thickness (a vascular marker). Weight management / waist-circumference reduction: In one study, after 6 months of supplementation, there were statistically significant reductions in body weight and waist circumference versus placebo.

BILE ACID COMPLEX

Glycine and taurine work synergistically in liver detoxification: Both are used for bile acid conjugation.

Glycine supports Phase II detox and glutathione synthesis, while taurine supports bile flow and lipid-soluble toxin clearance. Together they help maintain the balance between Phase I and Phase II detox pathways, ensuring that reactive intermediates from Phase I are safely neutralized and excreted.

Dandelion (*Taraxacum officinale*), especially its root, is a gentle but effective liver-supportive herb that enhances detoxification by increasing bile flow, boosting antioxidant defenses (including glutathione), and protecting liver cells from oxidative and inflammatory damage. Research—mostly preclinical but consistent—shows it can reduce liver enzyme elevations, support fat metabolism, and mitigate toxin-induced liver stress. While not a direct toxin binder, it improves the liver's ability to process and eliminate both water- and fat-soluble wastes, making it a useful foundational herb in detoxification and metabolic-health protocols. Generally safe and well tolerated, it is most helpful for mild to moderate hepatic burden, sluggish bile flow, or general detox support.

SUNFIBER

Soluble fiber from **hydrolyzed guar gum (PHGG)** offers a range of clinically supported health benefits, particularly for gut and metabolic health. It acts as a gentle prebiotic that increases beneficial bacteria like Bifidobacteria and Lactobacilli, improves stool form, and reduces symptoms of IBS—especially bloating and constipation—without the gas or discomfort often caused by other fibers. PHGG also slows carbohydrate absorption, helping stabilize post-meal glucose and insulin levels, and supports healthy lipid profiles by lowering LDL cholesterol. Its fermentation in the colon produces short-chain fatty acids, which strengthen the gut barrier, reduce inflammation, and support immune function. Overall, PHGG is a well-tolerated, versatile soluble fiber that benefits digestion, metabolic balance, and gut-immune health.

MAGNESIUM BISGLYCINATE CHELATE

Magnesium bisglycinate is a highly absorbable, gentle form of magnesium that supports muscular, neurological, and metabolic health. Because it is bound to the amino acid glycine, it is well tolerated and less likely to cause gastrointestinal upset, making it ideal for individuals with sensitive digestion. Clinically, it helps reduce muscle tension and cramps, supports healthy sleep by calming the nervous system, lowers stress response by modulating cortisol and neurotransmitters, and contributes to steady energy production. It also aids glucose regulation, supports cardiovascular function, and helps maintain bone density. Overall, magnesium bisglycinate provides broad, well-absorbed support for relaxation, metabolic balance, and overall physiological resilience.