Medicinal Ingredients:
Each tablet contains:
- Choline (bitartrate) . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . 165 mcg
- L-Methionine (dl-Methionine) . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . 165 mg
- Wormwood (Artemisia absinthium, 4:1 QCE 400 mg, whole herb) . . . . . . . . . . . . . . . . 100 mg
- Turmeric (Curcuma longa L., 8:1 QCE 600 mg, rhizome) . . . . . . . . . . . . . . . . . . . . . . . . . 75 mg
- Dandelion (Taraxacum officinale, 4:1 QCE 200 mg, roots) . . . . . . . . . . . . . . . . . . . . . . . . . 50 mg
- Magnesium (Magnesium oxide) . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . 17.5 mg
- Celandine (Chelidonium majus; 4:1 QCE 68 mg, whole herb) . . . . . . . . . . . . . . . . . . . . . . . . . . . 17 mg
- Vitamin B6 (Pyridoxine hydrochloride) . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . 10 mg
- Vitamin B12 (Cyanocobalamin) . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . 5 mcg

Non-medicinal Ingredients:
Magnesium stearate, croscarmellose sodium, silicon dioxide, maltodextrin, dicalcium phosphate dihydrate, microcrystalline cellulose.

Caution/Warnings:
Do not use if you are pregnant or breastfeeding. Consult a healthcare practitioner immediately if you develop any of the following symptoms: nausea, vomiting, loss of appetite combined with itching, yellowing of the skin or eyes, dark urine. Consult a healthcare practitioner prior to use if you take ciprofloxacin, quinolone antibiotics, antiplatelet medication or blood thinners. Consult a healthcare practitioner if symptoms persist or worsen.

Contraindications:
Do not use if you have liver or gallbladder disorders, and/or bowel obstruction, stomach or intestinal ulcers, bile duct obstruction. Discontinue use if you develop symptoms of liver trouble.

60 tablets • NPN 80071821

10 Day Liver Detox with targeted nutrients to support phase 1 & 2 liver detoxification!
**Taraxa** is a combination of herbs, vitamins and lipotropic factors for liver detoxification.

The liver is the main filtration system in the body, filtering up to two liters of blood every minute. It is essential for detoxification, neutralizing harmful toxins and wastes, bile production, protein and hormone synthesis, and digestion. Regular exposure to alcohol, high fat foods, drugs and chemicals, environmental toxins and xenobiotics can seriously interrupt essential functions, leading to reduced bile flow, hepatobiliary congestion, and decreased health.

**Taraxa contains essential nutrients that are required in phase 1 & 2 liver detoxification.**

- Phase 1 (cytochrome phase) converts fat soluble toxins to either less noxious substances or toxic intermediates.
- Phase 2 (conjugation phase) completes the detoxification cycle by creating water soluble waste to be excreted through the kidneys (via urine), gallbladder (via bile), or intestines (via stool).

**Indications That You Need To Do a Liver Detox:**

- Night sweats, overheating, excessive perspiration
- Wake 1-4 am, fatigue unrelieved by more sleep
- Restlessness
- Burning or sweaty feet
- Acne, rosacea, itchy or blotchy skin
- Bad breath, belching, burping
- Acid reflux, heartburn
- Abdominal bloating, sugar cravings
- Gallbladder issues or removed

- Trouble digesting fatty foods (low bile)
- Chemical sensitivity, ‘lightweight’ when drinking alcohol
- “Liver” (dark) spots on the skin
- Increased abdominal fat
- Unexplained weight gain, inability to lose weight (even with calorie restriction)
- Pain or discomfort over the liver (right upper abdominal area under the rib cage)
- Angry, irritable, frustrated (emotional toxicity)
**Specialized Herbs, Vitamins, and Lipotropics for Liver Detoxification**

Taraxa has been formulated to support liver detoxification, provide protection to the liver, increase blood flow to the liver, and address symptoms associated with liver and gallbladder dysfunction.

<table>
<thead>
<tr>
<th>Medicinal Ingredient</th>
<th>Mode of Action</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chelidonium (Celandine)</strong></td>
<td>Bile flow, anti-spasmodic, dyspepsia, gallstones</td>
</tr>
<tr>
<td><strong>Turmeric (Curcuma Longa)</strong></td>
<td>Bile flow, anti-inflammatory, antioxidant</td>
</tr>
<tr>
<td><strong>Dandelion Root (Taraxacum officinalis)</strong></td>
<td>Bile flow, herbal bitter, liver detoxification</td>
</tr>
<tr>
<td><strong>Wormwood (Artemisia absinthium)</strong></td>
<td>Herbal bitter, increase gastric secretions, anti-microbial</td>
</tr>
<tr>
<td><strong>Vitamin B-6</strong></td>
<td>Phase 1 &amp; 2 liver detox, metabolize fats and fatty acids, needed to produce the lipid-transporting substance (lecithin) to clear fat from the liver</td>
</tr>
<tr>
<td><strong>Vitamin B-12</strong></td>
<td>Phase 1 &amp; 2 liver detox, synthesis of DL-Methionine and Choline, fat metabolic and lipid pathways, helps prevent fatty liver</td>
</tr>
<tr>
<td><strong>Magnesium</strong></td>
<td>Phase 2 liver detox, enhance enzyme activity in the liver</td>
</tr>
<tr>
<td><strong>Choline</strong></td>
<td>Phase 2 liver detox, bile flow, lipotropic factor for healthy liver function, component of lecithin for normal liver metabolism, needed to transport very low density lipoproteins and triglycerides from the liver, prevents fat accumulation in the liver</td>
</tr>
<tr>
<td><strong>DL-Methionine</strong></td>
<td>Phase 2 liver detox, lipotropic factor for healthy liver function, antioxidant specific for liver tissue, needed to produce the lipid-transporting substance (lecithin) to clear fat from the liver, aids in detoxification of liver tissue, prevent fat accumulation in the liver, choline synthesis</td>
</tr>
</tbody>
</table>
**Medicinal Ingredients:** Each tablet contains:
- Choline (bitartrate) .......................................................... 165 mcg
- L-Methionine (dl-Methionine) ........................................... 165 mg
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- Turmeric (*Curcuma longa L.*, 8:1 QCE 600 mg, rhizome) .................................................. 75 mg
- Dandelion (*Taraxacum officinale*, 4:1 QCE 200 mg, roots) .................................................. 50 mg
- Magnesium (Magnesium oxide) ........................................... 17.5 mg
- Celandine (*Chelidonium majus*, 4:1 QCE 68 mg, whole herb) .................................................. 17 mg
- Vitamin B6 (Pyridoxine hydrochloride) ........................................... 10 mg
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**Non-medicinal Ingredients:** Magnesium stearate, croscarmellose sodium, silicon dioxide, maltodextrin, dicalcium phosphate dihydrate, microcrystalline cellulose.

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**Taraxa**

Supports Liver Detox
Soutient la détoxination du foie

**Quality. Excellence. Beyond Medicine.**

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