

# A-Hepatica (Herbal Extract)



## Recommended Use:

- Liver function
- Liver detoxification

A-Hepatica is an herbal combination for detoxification of the liver and gallbladder. Throughout the centuries, these herbal ingredients have proven to be effective in cleansing and increasing the function of the liver and gallbladder. German physicians have been using this formula for many decades as a liver detoxifier. A-Hepatica regulates secretion and absorption in the digestive system, has anti-inflammatory and antispasmodic function in the portal vein, stimulates bile flow and increases detoxification of the liver.

A-Hepatica can be used in cases of chronic liver conditions due to infection, cholecystitis, cholangitis, metabolic disturbances, adiposity, and toxic stress due to environmental chemicals.

## Recommended Dosage:

Canadian NHPD Dosage - Adults: Take 1 teaspoon/5 ml (60 drops) in warm water 20 minutes before meals three times daily or as directed by a health care practitioner.

Nestmann Pharma Recommended Daily Dosage - Adults: Take 20 drops in warm water 20 minutes before meals three times daily or as directed by a health care practitioner.

Children (ages 3 - 10): Take 10 drops three times daily.

(Over 10 years): Take 20 drops two to three times daily or as directed by a health care practitioner.



## Caution/Warnings:

Product may have photosensitizing effect. Consult a health care practitioner prior to use or if symptoms persist or worsen. Hypersensitivity/allergy is known to occur, in which case, discontinue use. Consumption with alcohol, other medications or health products with sedative properties is not recommended. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness.

## Contraindications:

This product is not intended for use by women who are pregnant or breastfeeding or by individuals who are sensitive to anise, anethole, Asteraceae/Compositae (daisy), cinnamon, Peru balsam or the carrot family. Consult a practitioner if you have gallstones, diabetes, stomach or intestinal ulcers.

## Clinical Pearls:

A-Hepatica is primarily for liver conditions, while Carduus is primarily for gallbladder conditions. Clinically, for liver/gallbladder conditions without constipation use A-Hepatica and with constipation use Carduus.

German physicians usually recommend taking A-Hepatica for six weeks for liver detoxification. It is important to take A-Hepatica approximately 20 minutes before meals in lukewarm water, in order to allow time for the liver to increase production of digestive juices before food intake.

An excellent protocol for detoxification of the liver/gallbladder system and high blood fat values is 20 drops of A-Hepatica combined with 35 drops of Carduus and 30 drops of Cardunara in water three times daily.

For severe metabolic dysfunction, consider 20 drops of A-Hepatica (liver) combined with 20 drops of Rubus (pancreas) before meals twice daily.

To purify the blood and increase metabolic waste excretion, Lappa can be added to a liver detoxification at 20 to 30 drops two to three times daily with 20 drops of A-Hepatica in warm water 20 minutes before meals three times daily.

### Medicinal Ingredients: Each 100 ml contains:

Pimpinella anisum (Anise) .....	1.9 ml
Citrus aurantium (Bitter orange) .....	10.8 ml
Cnicus benedictus (Blessed thistle) .....	28.9 ml
Cichorium intybus (Chicory) .....	16.7 ml
Cinnamomum verum (Cinnamon) .....	1.9 ml
Geum urbanum (Clove root) .....	6.5 ml
Coriandrum sativum (Coriander) .....	0.9 ml
Melissa officinalis (Lemon balm) .....	19.4 ml
Anemone hepatica (Liverwort) .....	6.5 ml
Artemisia absinthium (Wormwood) .....	6.5 ml

**Non-Medicinal Ingredients:** Water, ethanol.

NPN 80070357 • 50 ml

**Ingredients:****Uses:**

<b>Anise</b>	Dyspeptic complaints, expectorant, mildly antispasmodic and anti-bacterial agent, flatulency and colic.
<b>Bitter orange</b>	Short-term treatment of non-alcoholic fatty liver disease, loss of appetite and dyspeptic ailments, supportive in stomach complaints and disturbances of the GI tract.
<b>Blessed thistle</b>	Appetite stimulant, digestive bitter, digestive tonic, expectorant, antidiarrhoeal, anti-microbial, diaphoretic, emetic, dyspepsia.
<b>Chicory</b>	Loss of appetite, dyspepsia, stimulates secretion of digestive juices, and for liver and gallbladder complaints.
<b>Cinnamon bark</b>	Carminative, astringent, stimulant of GI tract and glands, antiseptic, stops vomiting, relieves flatulence, increases intestinal peristalsis loss of appetite, dyspeptic, complaints such as mild, spastic condition of the gastrointestinal tract, bloating and flatulence.
<b>Geum urbanum</b>	Digestive problems such as loss of appetite and diarrhea, improves liver metabolism, increases bile production and flow.

**Ingredients:****Uses:**

<b>Coriander</b>	Dyspeptic complaints and loss of appetite; as a stimulant, aromatic and carminative; for painful upper abdominal syndrome of Roemheld complex type, sluggish digestion; anti-inflammatory of GI tract, flatulence; and for liver and gallbladder complaints.
<b>Lemon balm</b>	Sedative, functional gastrointestinal complaints, appetite stimulate, bile secretion.
<b>Liverwort</b>	Demulcent, tonic, astringent, vulnerary, mild remedy in liver disorder, liver tonic, liver congestion, indigestion.
<b>Wormwood</b>	Liver and gallbladder conditions, antibacterial activity against <i>Bacillus cereus</i> , <i>Staphylococcus aureus</i> , <i>Listeria monocytogenes</i> , <i>Escherichia coli</i> and <i>Salmonella infantis</i> ; for the loss of appetite, dyspepsia, and biliary dyskinesia.