

Metabolic Liver Support Protocol[‡]

DEVELOPED IN COLLABORATION WITH OUR SCIENTIFIC AND MEDICAL ADVISORS



This protocol was designed with our clinician partners to help you deliver the most effective care and support for your patients. It includes foundational recommendations for overall health and focused interventions to address common clinical objectives related to healthy metabolic liver support.[‡]

FOUNDATIONAL SUPPORT

Exercise

- Perform 30 minutes of moderate aerobic exercise 3-5 days per week. Walking can be a good start and vary activities over time.
- Add strength training to your exercise 2 times per week.
- Get up and move a few minutes every hour if you must sit for extended periods of time.

Lifestyle

- Avoid screentime where possible.
- Aim for a healthy weight to reduce visceral adipose fat tissue..

Diet

- Manage a healthy diet low in refined carbohydrates, processed foods, seed oils
- Replace saturated and trans fatty acids with unsaturated fatty acids
- Reduce consumption of alcohol

In addition to a healthy diet and lifestyle, consider the following foundational supplements to support overall health and well-being:[‡]

- [O.N.E.™ Omega](#) (ONO6 / ONO3)
- [O.N.E.™ Multivitamin](#) (ONE3 / ONE6 / ONE1)
- [Probiotic 50B](#) (PR56)

FOCUSED SUPPORT

The products in this category support common clinical objectives related to healthy metabolic liver support.[‡] Choose from the options listed below:

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Lipid Metabolism	AST, ALT, GGT, Advanced lipid profile	Phosphatidylcholine (Order Code: PHC9) Phospholipid-bound choline to support liver health [†]	2 capsules daily, with a meal
Liver Cell Health	AST, ALT	Silymarin (Order Code: SL1) Milk thistle extract standardized to contain 80% silymarin to support liver health, offers antioxidant support to protect the liver, and stimulates protein synthesis in hepatic cells [†]	1 capsule, 1-4 times daily, between meals
Glucose Homeostasis	Insulin, HbA1c, Advanced lipid profile	Berberine Ultrasorb™ (Order Code: BUS6) Enhanced absorption berberine to support glucose metabolism and metabolic function support [†]	1 capsule, 1-2 times daily, with or between meals

[‡]This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



800.753.2277 | [PureEncapsulationsPro.com](#)

Pure Encapsulations is a registered trademark.

pure
encapsulations®

ADDITIONAL CONSIDERATIONS

The products in this category offer alternative or added support.*

Choose from the options listed below:

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Cellular and Antioxidant Support	hsCRP, Whole blood glutathione, GlycA	<u>NR Longevity™</u> (Order Code: NRL6) Includes clinically researched NIAGEN® nicotinamide riboside to help replenish NAD+, enhance mitochondrial function and support antioxidant defenses¹	2 capsules, 1-2 times daily, with or between meals
Liver Cell Health	AST, ALT, Advanced lipid profile	<u>CurcumaSorb</u> (Order Code: MCU1) Meriva® bioavailable curcumin phytosome for cellular health¹	1 capsule, 1-3 times daily, with meals
Healthy Liver Function	AST, ALT	<u>Garlic Complex</u> (Order Code: GRC1) Aged fermented black garlic and garlic extract to promote antioxidant defense and support cardiovascular and cellular function¹	2 capsules, 1-2 times daily

Available for download at PureEncapsulationsPro.com/Protocols

PE-MLS-0924

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use of any dietary supplements.

*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



800.753.2277 | PureEncapsulationsPro.com

Pure Encapsulations is a registered trademark.

pure
encapsulations®