

LiverGuard



Clinical Applications:

- Supports healthy liver function and fat metabolism
- Promotes liver detoxification and lipid clearance
- Helps protect the liver from oxidative stress and environmental toxins
- Supports healthy blood pressure levels

CARDIOVASCULAR HEALTH

LiverGuard is a specialized formula featuring aged black garlic extract, bergamot orange extract, and artichoke extract—carefully selected to support liver fat clearance and promote healthy weight and cardiometabolic function. This comprehensive blend is designed to enhance liver performance, aid in fat metabolism, and help maintain balanced blood pressure and cholesterol levels for overall metabolic health.

Overview

The liver is the body's primary metabolic organ, responsible for over 500 essential functions.¹ At any given time, it holds about one pint—roughly 13%—of the body's total blood volume.² It plays a central role in regulating chemical levels in the blood, producing vital plasma proteins, synthesizing cholesterol and lipoproteins, storing glycogen, and managing blood glucose levels.¹

When the liver becomes congested—often due to dietary excesses, environmental stressors, or imbalanced lipid metabolism—its ability to maintain cardiometabolic balance may be compromised. Accumulated liver fat and reduced detoxification efficiency are increasingly common in Western populations due to diets high in processed sugars, refined carbohydrates, and unhealthy fats.

LiverGuard combines clinically researched, plant-based nutrients to support:

- Healthy liver function and detoxification
- Fat metabolism and liver fat clearance
- Normal blood pressure and cholesterol levels
- Antioxidant activity and cardiometabolic health

Bergamot & Artichoke Extract Blend (Bergamot Polyphenols + Artichoke Sesquiterpenes)

LiverGuard includes a synergistic blend of high-polyphenol bergamot extract and high-sesquiterpene artichoke leaf extract. This unique combination has shown superior benefits compared to standalone use of either herb.

In a 12-week randomized clinical trial involving 102 individuals over age 50, this botanical pairing was found to significantly enhance liver fat metabolism and promote weight reduction.³ The combination also helped improve liver congestion and metabolic markers, offering a promising solution for individuals dealing with excess liver fat or poor lipid regulation.³

A separate double-blind, randomized trial with 60 participants found that this same blend helped maintain normal cholesterol and LDL levels, even among individuals not following a low-calorie diet. Waist circumference and visceral adiposity were also significantly reduced.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

These results suggest that the combination of Citrus bergamia and Cynara cardunculus extracts may help support lipid clearance, cardiometabolic function, and healthy weight balance.⁴

Aged Black Garlic Extract (*Allium sativum*)†

Aged black garlic is created through a controlled fermentation process that enhances its antioxidant properties and stability compared to raw garlic. It retains many of the well-documented health benefits of garlic—such as supporting liver and cardiovascular function—but with increased bioactivity.⁵

Key clinical benefits include:

- Promoting healthy liver detoxification pathways
- Enhancing antioxidant defense and reducing oxidative stress
- Supporting healthy blood pressure and lipid levels
- Encouraging healthy platelet activity and circulatory function

In a 12-week double-blind, placebo-controlled study, supplementation with aged black garlic significantly improved markers of cardiometabolic health.⁶ Another 2022 randomized, controlled trial demonstrated improved circulatory support and blood pressure regulation following just three weeks of supplementation.⁷

Directions

Take 2 capsules daily, or as directed by your healthcare provider.

Does Not Contain

Contains no gluten, corn, yeast, or artificial colors or flavors.

Cautions

If you are pregnant or nursing, consult your physician before taking this product

Supplement Facts^{v2}

Serving Size 2 Capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
Bergacyn FF® Proprietary Blend	600 mg	
Bergamot Orange Extract (<i>Citrus bergamia</i> Risso) (Fruit and Albedo Fibers) (Standardized to 102 mg Flavonoids)		*
Artichoke Extract (Leaf) (Standardized to 30 mg Cynaropicrin)		*
Aged Black Garlic Bulb Extract (<i>Allium sativum</i> L.) (Standardized to 0.25 mg of S-Allyl Cysteine)	250 mg	*

* Daily Value not established.

Other Ingredients: Hypromellose (Natural Vegetable Capsules), Microcrystalline Cellulose, Magnesium Stearate and Silicon Dioxide.

References

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2. Bradley SE, Ingelfinger FJ, Bradley GP, Curry JJ. The Estimation of Hepatic Blood Flow in Man. *J Clin Invest.* 1945;24(6):890-897.
3. Ferro Y, et al. Randomized Clinical Trial: Bergamot Citrus and Wild Cardoon Reduce Liver Steatosis and Body Weight in Non-diabetic Individuals Aged Over 50 Years. *Front Endocrinol (Lausanne).* 2020;11:494. doi:10.3389/fendo.2020.00494
4. Riva A, et al. Artichoke and Bergamot Phytosome Alliance: A Randomized Double Blind Clinical Trial in Mild Hypercholesterolemia. *Nutrients.* 2021;14(1):108. doi:10.3390/nu14010108
5. Kimura S, et al. Black garlic: A critical review of its production, bioactivity, and application. *J Food Drug Anal.* 2017;25(1):62-70.
6. Jung ES, et al. Reduction of blood lipid parameters by a 12-wk supplementation of aged black garlic: a randomized controlled trial. *Nutrition.* 2014;30(9):1034-1039. doi:10.1016/j.nut.2014.02.014
7. Valls RM, et al. Effects of an Optimized Aged Garlic Extract on Cardiovascular Disease Risk Factors in Moderate Hypercholesterolemic Subjects: A Randomized, Crossover, Double-Blind, Sustained and Controlled Study. *Nutrients.* 2022;14(3):405. doi:10.3390/nu14030405

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