

Spotlight Protocol



A Simple Detox for On-The-Go Patients

A liver detox for modern times needs to be accessible, effective and leave patients feeling supported. While a full dietary overhaul and long-term lifestyle change is preferable, it is not practical for every patient. This simple detox protocol is easily managed by even the most overwhelmed individual. Try this twice yearly, 2-week detox that only uses one bottle each of LivCo and Livton, two of the most renowned formulae from MediHerb.

Starting when the weather begins to get warmer (April/May):

In the morning take 2 tablets of Livton to stimulate digestion and support liver function. In the evening take 2 tablets of LivCo to protect the liver and promote detoxification. **Continue for 2 weeks, using ½ of each bottle.**

Starting when the weather begins to get cooler (September/October):

In the morning take 2 tablets of Livton to stimulate digestion and support liver function. In the evening take 2 tablets of LivCo to protect the liver and promote detoxification. **Continue for 2 weeks, using ½ of each bottle.**

LivCo: Each capsule contains extracts equivalent to:		LivCo: The Liver Detoxifier
Silybum marianum (St Mary's Thistle) seed	2.1 g	Toxin overload or poor hepatic detoxification function Liver damage, hepatitis Conditions associated with poor liver function such as headache, allergies, skin disorders, nausea, food intolerance, constipation Overindulgence in alcohol or rich, fatty food Exposure to environmental or chemical toxins
Standardised contain flavanolignans calculated as silybin	24 mg	
Schizandra chinensis (Schisandra) dry fruit	1.0 g	
Rosmarinus officinalis (Rosemary) dry leaf	500 mg	
Dosage: 3 to 4 tablets daily		

Livton: The Liver Supporter Poor digestive function , including dyspepsia, loss of appetite, intestinal bloating Poor liver function , flatulence, nausea, constipation Skin and gastrointestinal disorders associated with reduced or disordered liver function Elevated liver enzymes Elevated cholesterol	Livton: Each capsule contains extracts equivalent to:	
	Silybum marianum (St Mary's Thistle) dry fruit	7.0 g
	containing flavanolignans calculated as silybin	80 mg
	Cynara scolymus (Globe Artichoke) dry leaf	800 mg
	Taraxacum officinale (Dandelion) dry root	400 mg
	Bupleurum falcatum (Bupleurum) dry root	300 mg
	Chionanthus virginica (Fringe Tree) dry root bark	160 mg
Dosage: 3 to 4 tablets daily, up to 6 tablets daily for gall bladder colic		