



# K11

# BILEMIN™

Supports Healthy Bile Formation, Secretion, and Flow

## BENEFITS OF PRODUCT

- Provides herb compounds that stimulate bile synthesis and elimination
- Provides lipotropic nutrients that improve bile synthesis

## USE OF PRODUCT

This product is useful anytime a detoxification program is indicated. Once the liver has detoxified chemicals, they are delivered to the gallbladder for bile secretion into the feces for elimination. If bile synthesis or secretion is compromised, hepatic detoxification of toxins, adverse chemicals, or hormones will not be eliminated. This may have adverse impacts on many functional metabolic pathways.

Unhealthy bile synthesis and elimination can cause intolerance to fried foods, flatulence several hours after meals, excessive burping after meals, etc. It should also be used in people that have had their gallbladder removed. If the gallbladder is removed the cystic duct acts as a reservoir for bile, therefore optimal synthesis and elimination of bile is essential.

This product should be considered to support healthy bile synthesis and elimination which can also be of great value in balancing hormonal patterns due to its ability to enhance clearance of hormones. This product should be considered in PMS, menopause, or any other condition in which optimizing the clearance of hormones is indicated.

## KEY INGREDIENTS

## RESEARCH COMMENTARY

The research information presented here should not be construed as claims regarding performance of this product.

**DANDELION (TARAXACUM OFFICINALE)** - Dandelion root has physiologic impacts on both the liver and gallbladder. It impacts the liver by promoting the production of bile and its delivery to the gallbladder. It impacts the gallbladder by causing contraction and release of stored bile.<sup>1 2 3</sup>

**MILK THISTLE (SILYBUM MARIANUM)** has the ability to increase the solubility of bile and its use has been shown to significantly reduce biliary cholesterol concentrations and bile saturation indexes.<sup>4</sup> It has potent antioxidant activity which supports phase I detoxification and prevents the depletion of hepatic glutathione which is important for phase II detoxification.<sup>5 6 7</sup> Silybum marianum has anti-inflammatory chemical properties that are inhibitors of inflammatory prostaglandins and leukotrienes as well as chemical properties that promote protein synthesis to replace damaged liver cells.<sup>8 9 10 11</sup>

**GINGER (ZINGIBER OFFICINALE)** contains chemical compounds that have been shown to increase bile secretion and to reduce hepatic cholesterol levels by up-regulating the enzyme cholesterol-7-alpha-hydroxylase which is the rate limiting enzyme in bile acid synthesis.<sup>12 13 14</sup>

**NUTRITIONAL COMPOUNDS THAT SUPPORT BILIARY STATIS** The nutrients taurine, betaine (beet concentrate), vitamin C, and lecithin (phosphatidylcholine) have been shown to be lipotropic agents. These nutrients support pathways of bile synthesis.<sup>15 16 17</sup>

## REFERENCES

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Statements in this flyer have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.

## Supplement Facts

Serving size 1 vegetarian capsule  
Servings per container 90

Amount Per Serving	% Daily Value
Vitamin C (ascorbic acid)	45 mg 75%
Dandelion root	325 mg *
Milk Thistle Seed extract	93 mg *
Ginger root	75 mg *
Phosphatidyl Choline (soy)	93 mg *
Taurine	93 mg *
Proprietary Blend:	106 mg *
Beet root	*
Cellulase (plant enzyme)	*
Peptidase (plant enzyme)	*
Lipase (plant enzyme)	*

\*Daily Value not established.  
Other ingredients: vegetable cellulose (vegetarian capsule) silicon dioxide.

## DIRECTIONS

Take 1 to 2 capsules, 3 times a day, or as directed by a healthcare professional.

## OTHER PRODUCTS

Other formulas should be considered in supporting detoxification and bile synthesis. **Methyl-SP™ (K14)** is a formula that supports methylation, which is critical for bile synthesis. **Metacrin-DX™ (K10)** is a formula that supports both Phase I and Phase II hepatic Detoxification. **Thyro-CNV™ (K09)** is a useful formula in supporting glutathione synthesis, which is important for phase I and II detoxification.

Formula  
Info Page

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