

Phyllanthus Complex

(Hypoallergenic)



Item # 70750

Available in bottles of 120 capsules

The Possible Benefits of Phyllanthus Complex, a Dietary Supplement

- Helps protect the liver from damage from environmental and viral toxins, alcohol, drugs, poisons and radiation
- Supports liver, kidney, gall bladder and digestive functions; also promotes bile production and secretion
- Supports Phase II liver detoxification and glutathione efficiency
- Offers the synergistic hepatoprotective effect of three powerful herbs in one formula

Description

The liver is the largest solid organ in the body, central to sustaining the life process. It is the main metabolic processing organ in the body, and it performs the crucial task of disarming toxins ingested from air, water, food, drugs, or created from the body's metabolism, so they can be safely eliminated. The liver also manufactures bile, which is then stored in the gall bladder.

The detoxification process of the liver works in two phases. The first, called the mixed-function oxidase system, oxidizes toxins, often creating molecules more toxic than the original molecules. The second phase, called the conjugation phase, converts the toxic metabolites from phase I into harmless molecules, such as glucuronides, ester sulfates, and glutathione conjugates. The liver cells, or hepatocytes, can sustain damage for many reasons, including toxins from the environment, viruses, and phase I metabolites overloading the capacity of phase II reactions. If a process like this becomes chronic, the liver's detoxification capacity can be further inhibited.

Nutrients that are hepatoprotective are more important than ever as our bodies are presented with greater detoxification challenges. Also, when the body is ill, there

is more demand on the liver, and more need for liver support. Phyllanthus Complex provides significant amounts of three important herbs for supporting optimal liver function. All three herbs have proven to be safe, in many human or animal studies, even when tested at high doses or over the long term.

Phyllanthus (*Phyllanthus amarus*)

The *Phyllanthus* genus encompasses more than 600 species, found throughout the tropics and subtropics, including central and southern India, the Philippines, Suriname, Guam, Nigeria, Brazil, Cuba, and the United States in Florida and Texas. Although the names are sometimes confused, the species of *Phyllanthus amarus*, *P. niruri* and *P. urinaria* are closely-related in appearance, phytochemical structure and history of use, and have been utilized by traditional healers all over the world. Their common names include chanca piedra, quebra pedra ("stone breaker" or "shatter stone"), bahupatra, and bhoomi amalaki. A recent reorganization of the *Phyllanthus* genus classified *P. amarus* as a type of *P. niruri*.

Phyllanthus amarus has long been used in Ayurvedic medicine and by native healers in

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South America. It is used primarily for biliary and urinary conditions, kidney and gallbladder stones, other kidney-related problems, viral and bacterial infections, and especially for liver disorders. It has traditionally been used in the treatment for anemia, jaundice, poor appetite, constipation, anorexia, dyspepsia, dysentery, typhoid fever, colic, malaria, frequent menstruation, uterine problems, vaginitis, fever, flu, gonorrhea, hypertension and diabetes, and topically for skin ulcers, sores and swelling.

Phyllanthus has undergone much research in recent years. Researchers in China, India and Great Britain report Phyllanthus has significant anti-hepatotoxic properties, and can offer support in cases of acute and chronic hepatitis, jaundice, and protect against the proliferation of liver cancer. In rodent studies, Phyllanthus was found to protect the liver from alcohol and chemical toxins. It also protected chromosomes from damage induced by chemical toxins or radiation.

Phyllanthus may also have antiviral activity, including against Hepatitis B (HBV). In 1988, Dr. Baruch Blumberg, who discovered the HBV antigen, reported that Phyllanthus could clear up the chronic carrier state of Hepatitis B. In both animal and human studies, Blumberg's research showed that *Phyllanthus amarus* cleared the HBV surface antigen from chronic HBV patients within weeks, and that the results could hold for months.

Several inconclusive studies were published, which used forms of Phyllanthus that were either prepared using a complex, patented extraction process, or a patented chemically-altered extract. Chinese researchers, using either a simple water extract or straight powdered Phyllanthus, demonstrated good results with human HBV patients in 1994 and 1995. A published independent review by a research group in Copenhagen stated that Phyllanthus cleared HBV surface antigen in a manner comparable to interferon, and normalized liver enzymes better than

nonspecific treatment or other herbal remedies. Japanese research suggests Phyllanthus may inhibit HIV-1 reverse transcriptase, and other studies show possible antimicrobial properties.

Brazilian researchers showed in 1990 that tea made from Phyllanthus promoted the elimination of kidney stones in rats and humans, and increased sodium and creatine excretion. In 1999, an in vitro clinical study demonstrated the inhibition of calcium oxalate crystal formation, found in most kidney stones. A 2002 in vivo study confirmed both the inhibition of the growth of the matrix calculus and the reduction of the number of stones formed, compared with the control group. Additionally, some of the animals that formed stones were able to pass them readily.

Because studies had already shown that Phyllanthus can inhibit the pro-inflammatory enzyme COX-2 and that it has antispasmodic properties, the researchers concluded that the expulsion of the stones was probably facilitated by smooth muscle relaxation of the urinary or biliary tract. Nicole Maxwell, a long-time researcher of Amazonian botanicals, wrote in 1990 that a German physician reported that 94 out of 100 patients had success using Phyllanthus to eliminate kidney stones within two weeks. A 2002 study from India showed that Phyllanthus increased bile acid secretion in rats, which further explains its traditional use for gallstones.

Phyllanthus has long been utilized for quick relief from the pain of kidney stones. Studies from Brazil published in 1994-95 indicate that Phyllanthus has strong and dose-dependent analgesic effects in mice. Later studies showed that geraniin from Phyllanthus is a much more potent analgesic than either aspirin or acetaminophen, probably due to its ability to inhibit several neurotransmitter processes involved in transmission of pain signals. Additionally, it apparently protects the mucosal lining of the stomach, and may have anti-ulcer properties.

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Phyllanthus has traditionally been used for blood sugar regulation and diabetes. Rabbit, rat, and human studies confirm that it can promote the normalization of elevated blood glucose levels. It was also discovered that it can serve as a potent aldose reductase inhibitor (ARI). ARIs can act on nerve endings exposed to high blood sugar concentration and protect the nerve from some of the resulting chemical imbalances, possibly due to ellagic acid, an active ingredient in Phyllanthus.

Primary active ingredients in Phyllanthus include the lignans phyllanthine, phyllanthin, phyllochrysin, phyllanthin, and hypophyllanthin; the bioflavonoids quercetin, quercetin, quercitrin, rutin; and alkaloids, glycosides, saponins, and catechins.

Dandelion

Dandelion root (*Leontodon taraxacum*), also notated as *Taraxacum officinale*, is found all over the world, and has traditionally been used both for food and to support health. Traditionally it has been used for dropsy, engorgement of the liver and spleen, uterine obstructions, chronic skin conditions, and to support digestive functions, indicated by loss of appetite, weak digestion, constipation, and hepatic torpor. It supports liver and gallbladder function, increasing bile production in the liver and its release from the gallbladder. It has a mild diuretic and laxative action. These actions together give dandelion a remarkable cleansing effect in the body, supporting detoxification as well as improving the absorption of nutrients. Because it contains high levels of potassium salts, it does not promote potassium depletion as can other diuretics.

Dandelion has been used traditionally in treatments for indigestion, dyspepsia, constipation, gallstones, bile duct inflammation, hepatitis, jaundice, cirrhosis, arthritis, acne, eczema, psoriasis and gout. It

may have a moderate anti-inflammatory effect and antibacterial action. The constituents characterized so far include taraxacerin, taraxacin, inulin, laevulin, and resins, carbohydrates, flavonoids, unsaturated fatty acids and other nutrients.

Milk Thistle

Milk thistle (*Silybum marianum*) grows all over the globe, including Europe, Asia, and the Americas. Although farmers sometimes consider it a noxious weed, it has a long history of use in the treatment of liver problems and associated depression. Modern research confirms that *Silybum marianum* seed extract offers significant protection for the liver, and it has been studied for use in the treatment of a variety of liver disorders, including poisoning and chemical-induced liver damage, hepatitis, jaundice, cirrhosis, gallbladder dysfunction and psoriasis. *S. marianum* extract has been noted as an effective antidote to the death cup mushroom, and has been shown to protect the liver from damage from exposure to carbon tetrachloride and other pollutants, alcohol ingestion, or acetaminophen overdose. It also stimulates the flow of bile and urine, aiding digestion and the excretion of toxins from the body, and offers the extra protection and support of the liver that is optimal during most conditions of reduced health.

Silymarin, a mixture of various flavonolignans, is the major active component of *Silybum marianum*, and is typically standardized for best results. Through an action on the membranes of the liver cells, silymarin prevents viruses from gaining entry to the hepatocytes, thus preventing damage from viral toxins. Silymarin also stimulates hepatic protein synthesis, and inhibits lipoxygenase, preventing formation of pro-inflammatory leukotrienes. It functions as an antioxidant, and supports phase II liver detoxification by preventing glutathione depletion.

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Each one (1) capsule contains:

Phyllanthus (<i>Phyllanthus amarus</i>) leaf extract	200 mg
Milk Thistle (<i>Silybum marianum</i>) seed extract (standardized to 80% silymarin)	200 mg
Dandelion (<i>Leontodon taraxacum</i>) root extract	200 mg

Other ingredients: Cellulose, stearic acid**Suggested Use:** As a dietary supplement, 1 capsule, two or three times daily with meals, or as directed by a healthcare practitioner.

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