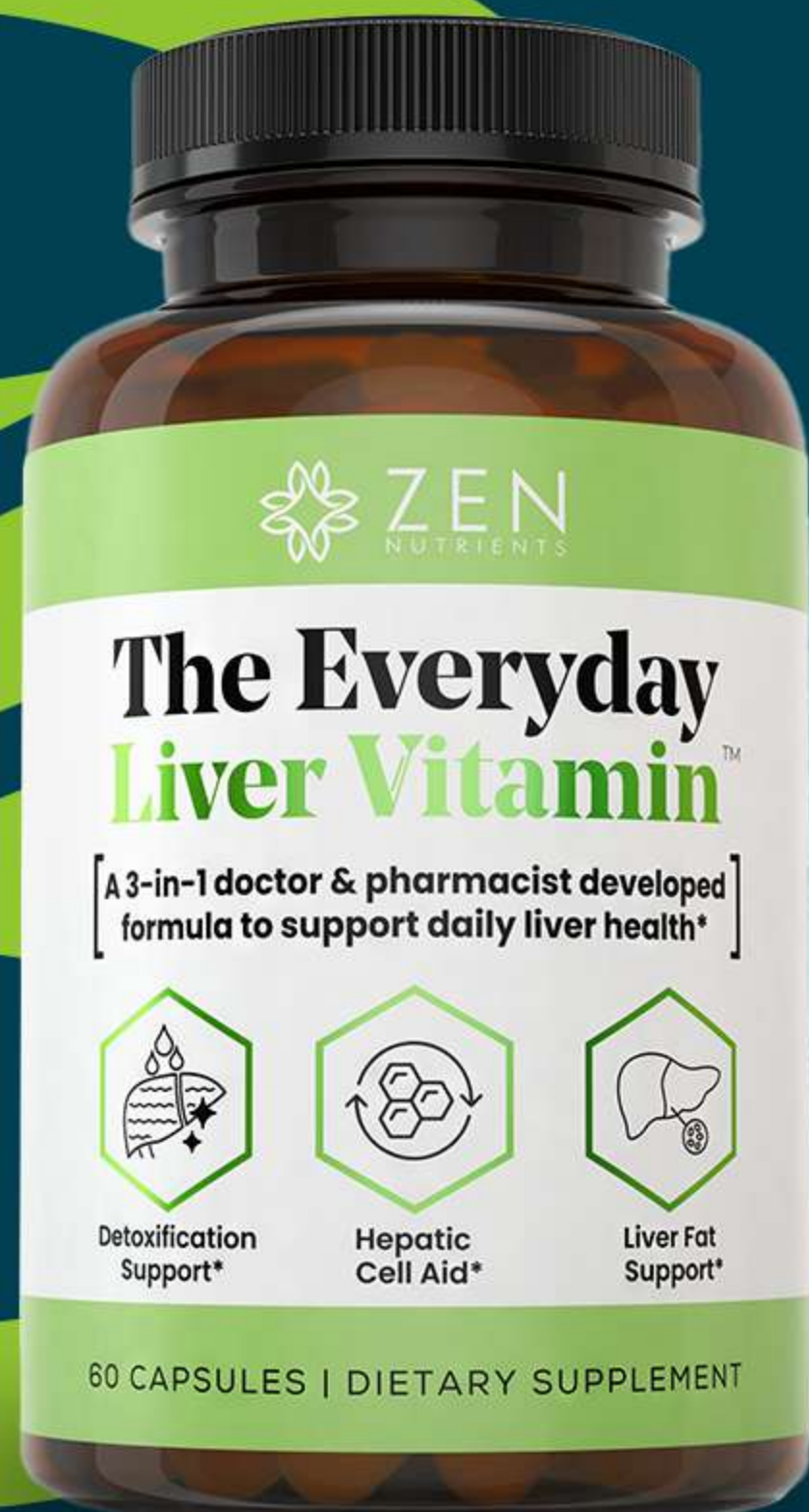




# The Everyday Liver Vitamin™

## PRODUCT GUIDE


Patented Bioavailable Liver  
Extract and Essential Vitamins







# The Everyday Liver Vitamin™


-  **Patented BergaCynFF® Clinically Tested in Double Blind Placebo Controlled Trials+**
-  **Clinically Studied to Reduce Liver Enzymes\*+**
-  **Clinically Studied to Reduce Liver Fat Accumulation\*+**
-  **Clinically Studied to Enhance Weight Loss\*+**
-  **Supports Healthy Lipid Levels\***
-  **Promotes Healthier Metabolism\***


 Key clinically studied vitamins that support liver health\*

 Chromium Picolinate - Aids in glucose and lipid metabolism\*

 Turmeric - Supports to reduce fat deposits in the liver\*

 Dandelion - Aids in detoxifying the liver and boost bile production\*

 Coenzyme Q10 (Ubiquinone) - Supports glycaemic control and liver inflammation\*

 Chanca Piedra - Supports an improvement in liver function enzymes\*

## Supplement Facts

Serving Size: 2 Capsules | Servings Per Container: 30


	Amount Per Serving	%DV
Vitamin B12 (as Methylcobalamin)	2.4mcg	100%
Folate (as L-Methylfolate Calcium)	400 mcg DFE	100%
Vitamin E (as dl-alpha tocopheryl acetate)	14mg	93.3%
Vitamin D (as Cholecalciferol)	25mcg	125%
Zinc (as Zinc Picolinate)	6mg	54%
Chromium (as Chromium Picolinate)	400mcg	1142%

**Patented Bioavailable Liver Extract** 600 mg  
BergaCynFF® (Bergamot (Citrus bergamia) and Cynara cardunculus (artichokes))

**Proprietary Bioenhanced Liver Matrix\*** 381.7 mg  
Organic Turmeric Powder, Organic Milk Thistle (80% Silymarin Flavonoids) extract, Organic Chanca powder, Ginger Root extract, Dandelion Root extract, L-Cysteine HCL, Coenzyme Q10, BioPerine®


**Other Ingredients:** Hypromellose, MCC, Phosphatidylcholine, Silica.

BergaCynFF - Patented Liver Extract Clinically Tested in Clinical Trials\* 

Milk Thistle - Supports liver detoxification\* 

Ginger - promotes a decrease in liver enzymes\* 

BioPerine® - Bioavailability enhancer\* 

L-Cysteine - Aids to increase glutathione levels\* 





### BergaCynFF®

Patented and clinically shown ingredient demonstrates the micronization and co-grinding of both ingredients leads to a better absorption and tissue distribution of orally given compounds.\*



### Bergamont (citrus bergamia)

Nutraceutical containing bioactive components of bergamont that are clinically studied to support a reduction of liver fat.\*



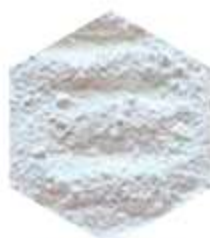
### Cynara cardunculus (artichokes)

Artichoke has been used for centuries because of its choleric (bile stimulating) properties that assist with fat metabolism. Clinically demonstrated to lead to regeneration on injured liver cells and support a reduction in fatty liver disease.\*



### Vitamin D

Essential vitamin that has anti-inflammatory and anti-fibrotic effects to help with liver.\*



### Zinc Picolinate

Bioavailable form of Zinc that is involved in the glucose, lipid, and protein metabolism and antioxidant processes in biological pathways to assist with liver function.\*



### Coenzyme Q10 (Ubiquinone)

CoQ10 supplementation improves glycaemic control and reduces liver inflammation in patients with non-alcoholic fatty liver disease.\*



### B12 (methylcobalamin)

Supports a reduction of hepatic (liver) fat accumulation, aids in reversal of liver inflammation and fibrosis.\*

## CLINICAL & RESEARCH — BACKED — INGREDIENTS



### L-Methylfolate

helps repair DNA, assists the detoxification process in the body and aids in lowering liver enzymes.\*



### Vitamin E

Vitamin E is a potent antioxidant useful for the management of NAFLD. Helps improve several biochemical and histological derangements of NAFLD.\*



### Organic Turmeric

Turmeric aids in protecting the liver against damage caused by free radicals, toxins, and alcohol and supports healthy liver detoxification. By clearing out excess cholesterol, turmeric aids to reduce fatty deposits in the liver and may help to reduce liver inflammation.\*



### Organic Milk Thistle

Active ingredient Silymarin acts as a strong antioxidant by reducing free radical production which are clinically shown to help with liver detoxification and aid with liver cirrhosis.\*



### Organic Chanca Piedra Extract

A well known clinically studied herb that supports an improvement in liver function and decreased serum levels of glucose and insulin concentrations.\*



### Organic Ginger Root Extract

Ginger supplementation is a new therapeutic strategy for NAFLD by improving the body's antioxidant activity, and reducing levels of inflammation and insulin resistance.\*



### Dandelion Root

Well known clinically studied herb that supports an improvement in liver functions by inhibiting the pancreatic lipase, decreasing the lipogenesis and reducing the inflammation in the liver.\*



### L-Cysteine

strong antioxidant that is valued for its ability to increase glutathione levels in the body. It helps to promote proper liver detoxification.\*



### Chromium Picolinate

Plays a key role in the regulation of glucose and lipid metabolism and may improve insulin sensitivity.\*



### Bioperine

A patented extract ingredient used to enhance nutrient absorption, stabilize blood sugar levels and help support drug bioavailability.\*



# The Everyday Liver Vitamin™ FAQS

Let's face it, many of us eat unhealthy foods and/or consume alcoholic beverages often. Your liver is silently taking a huge beating, and most of us don't even know it. It's estimated that more than 100 million Americans have Non-alcoholic fatty liver disease (NAFLD), a silent killer to your key organ.

The Everyday Liver Vitamin™ is the 1st daily supplement used to promote proper liver function, aid in healthier fat metabolism in the liver and beyond. Where significant metabolic distress can compromise liver cleansing function, this formulation additionally supports cellular liver detoxification. It contains BergacynFF®, a clinically tested extract in double blind placebo controlled trials, along with a proprietary liposomal liver matrix to optimize results. Best of all it's a physician and pharmacist formulated natural product, that's super high quality and safe to use.





### What does The Everyday Liver Vitamin™ do for my liver?

Each of the 15 pharmaceutical grade ingredients are clinically researched to support your overall liver health. The Everyday Liver Vitamin™ supports cellular liver damage on multiple levels, including from viral toxins and supporting liver fibrosis. It also aids to improve vital liver markers, decreases oxidative stress, and supports metabolic liver functions.

### What's the difference between The Everyday Liver Vitamin™ vs. other liver support products such as LiverWell, LiverMD and Dose?

Only The Everyday Liver Vitamin™ has a triple acting mechanism of action.

- 1) Supports Liver Detoxification\*
- 2) Hepatic Cell Support\*
- 3) Aids in Liver Fat Metabolism\*.

The Everyday Liver Vitamin™ contains proprietary bioavailable liver matrix and BergacynFF®, which is a clinically studied dual-ingredient shown in double blind controlled trials to improve vascular response, and clinically studied to enhance weight loss\*.

	The Everyday Liver Vitamin	Dose	Liver Health	LiverMD	LiverWell
					
Clinically Studied Ingredients*	✓	✓	✗	✗	✗
Triple Action Mechanism of Action	✓	✗	✗	✗	✗
Ingredients in Formula	15	4	11	7	5
Liposomal & Bioavailable Technology	✓	✗	✗	✗	✗
Organic Ingredients	✓	✓	✗	✗	✗
Patented Ingredients	✓	✗	✗	✓	✓
Money back guarantee	✓	✗	✓	✓	✗
Vegetarian Friendly	✓	✓	✓	✗	✓
Made in the USA & Non GMO	✓	✓	✓	✓	✓

### **Why is The Everyday Liver Vitamin™ highly recommended by physicians?**

Currently there is no daily all in one supplement for liver health, especially for excessive liver fat deposits. Liver disease is a silent killer and the rates are alarmingly increasing in the United States. The number of prescription related treatment options are very limited as well for liver conditions associated with fat accumulation around the liver. The Everyday Liver Vitamin™ is a natural option that is clinically formulated using patented ingredients to promote optimal liver function and enhance weight loss\*.

### **What can The Everyday Liver Vitamin™ help with?**

- ☑ Clinically Studied to Reduce Liver Enzymes\*
- ☑ Clinically Studied to Reduce Markers of Liver Fibrosis\*
- ☑ Clinically Studied to Improve Vascular Response\*
- ☑ Clinically Shown to Enhance Weight Loss\*
- ☑ Promotes daily liver detoxification
- ☑ Supports healthier metabolism

### **What is the patented ingredient BergacynFF in The Everyday Liver Vitamin™ do ?**

BergacynFF® is a patented extract blend of bergamot citrus and Cynara cardunculus, clinically proven in double blind placebo controlled trials to support normal liver fat levels and promote healthy weight loss in overweight individuals. BergacynFF® works primarily through the synergistic action of the polyphenols in citrus bergamot and the cynaropicrin and other molecules in the wild artichoke (Cynara cardunculus). Exclusive use of bergamot albedo (pulp) fibers and sesquiterpenes from the Cynara leave combine novelly to round out the rich polyphenol profile of 17% polyphenols, contributed to by all the formulation's components. The pulp fibers act as synergistic bioenhancers (delivering 1.5-times more) polyphenols from both bergamot and cynara, as would be available otherwise.

### **What are all the ingredients in The Everyday Liver Vitamin™?**

BergaCynFF® (Bergamot (Citrus bergamia) and Cynara cardunculus (artichokes), B12 (methylcobalamin), L-Methylfolate, Vitamin E, Vitamin D, Zinc Picolinate, Proprietary Bioenhanced Liver Matrix (Organic Turmeric, Organic Milk Thistle (80% Silymarin Flavonoids), Organic Chanca Piedra 5:1 Extract, Ginger Root, Dandelion Root, Chromium Picolinate, L-Cysteine HCL, Coenzyme Q10, Bioperine).

+Active ingredient BergaCynFF® contained in The Everyday Liver Vitamin™ has been clinically proven to demonstrate efficacy. Visit clinical research for more study information. \*These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose or cure any condition.





### **Is BergacynFF® a safe ingredient?**

Yes, BergacynFF® is a safe and well-tolerated ingredient, evaluated for safety in animal models and within a human clinical trial. Further, BergacynFF® was subject to a mutagenicity and cytotoxicity study and showed no toxic effects. In the human clinical trial, evaluating 102 subjects for BergacynFF®'s effects on lipid accumulation in the liver, BergacynFF's intake in susceptible populations showed the lowest risk of worsening or not improving of liver fat accumulation progression, as compared to placebo. Further, the prevalence of adverse events were not any greater than those resulting from the placebo, all of which were of low incidence and of grade 1 quality.

### **How long will it take to see results?**

The clinical studies of BergacynFF® demonstrated liver fat reduction and other key liver enzyme markers at 12 weeks. We recommend using the max dose of two capsules daily to ensure you are getting the required 600 mg daily of BergacynFF® to see optimal results. Supporting and aiding your liver health is not a race. It's a lifetime decision to ensure this vital organ is functioning at its best. We recommend that your physician run a liver blood panel that will include alkaline phosphatase (ALP), alanine transaminase (ALT), aspartate aminotransferase (AST) key liver markers so you can track your progress.

### **What time of the day shall I use The Everyday Liver Vitamin™?**

The best time to use it is in the morning with or without food and with 8 oz of water.

### **Is The Everyday Liver Vitamin™ safe to take with my other prescription medications?**

The Everyday Liver Vitamin™ is a safe and natural product. The ingredients in The Everyday Liver Vitamin™ are low risk with a low chance of drug-drug interactions. If you are not sure of any drug interactions, please check with your pharmacist and healthcare provider.

### **How to use The Everyday Liver Vitamin™?**

As a dietary supplement, adults take two (2) capsules daily in the morning with or without food. For best results, take with 6-8 fl oz of water or as directed by a healthcare professional. Use the product for a minimum of 12 weeks to see results.

### **SAFETY FACTS:**

Do not exceed the recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.





# Easy & Best tips when using The Everyday Liver Vitamin™

Maintaining consistency is essential to enhance liver and digestive health, so sticking with your supplement schedule is important.



## Stay hydrated:

Drinking water regularly helps flush toxins and metabolites from your body.



## Stay active:

Exercise promotes circulation, which helps the body cleanse itself more efficiently of toxins.



## Avoid or limit the following:

- **Alcohol:** Alcohol can be a major cause of fatty liver disease as well as other liver diseases.
- **Added sugar:** Stay away from sugary foods such as candy, cookies, sodas, and fruit juices.
- **Fried foods**
- **White bread, rice, and pasta**
- **Red meat**



## Use better cooking oils:

Try to use better quality oils like olive, coconut, and/or avocado in your cooking routine. Avoid vegetable, soybean and canola oils as these can be inflammatory and damaging to your liver.



## Take high-quality supplements only:

Lower quality products may contain unnecessary fillers and unhealthy ingredients, wasting your time and money.





# One vitamin, three powerful actions.

Provides hepatic cell support to aid in liver enzyme reduction

## DETOXIFICATION

Naturally aids in detoxification of the liver

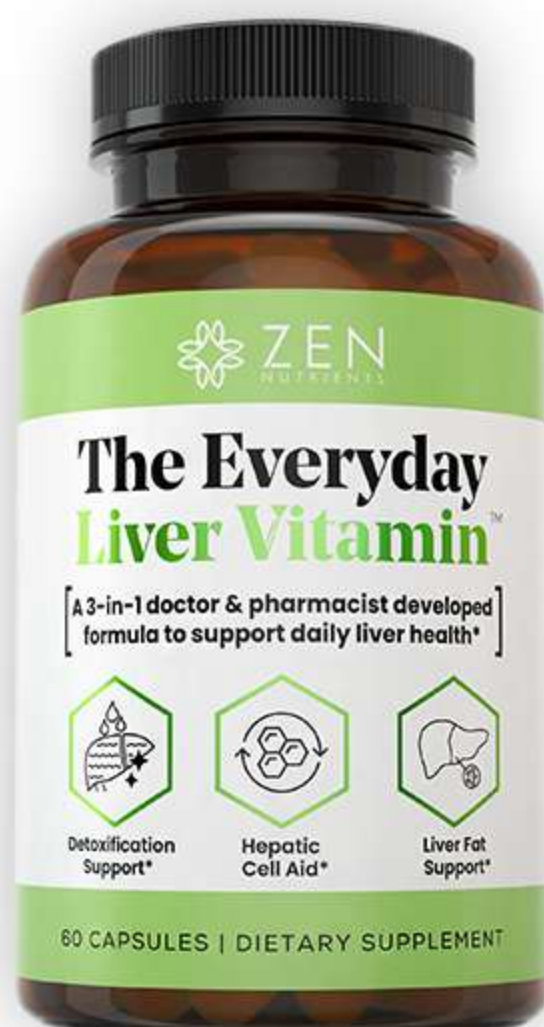
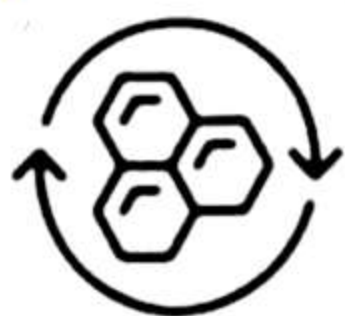


## CELLULAR SUPPORT

Aids in liver fat metabolism



## METABOLISM





# HOW TO USE



## How to use The Everyday Liver Vitamin™?

As a dietary supplement, adults take two (2) capsules daily in the morning with or without food. For best results, take with 6-8 fl oz of water or as directed by a healthcare professional. Use the product for a minimum of 12 weeks to see results.



For best results remain compliant and patient when using this product. Stick with a healthy routine and follow.



Do not exceed the recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

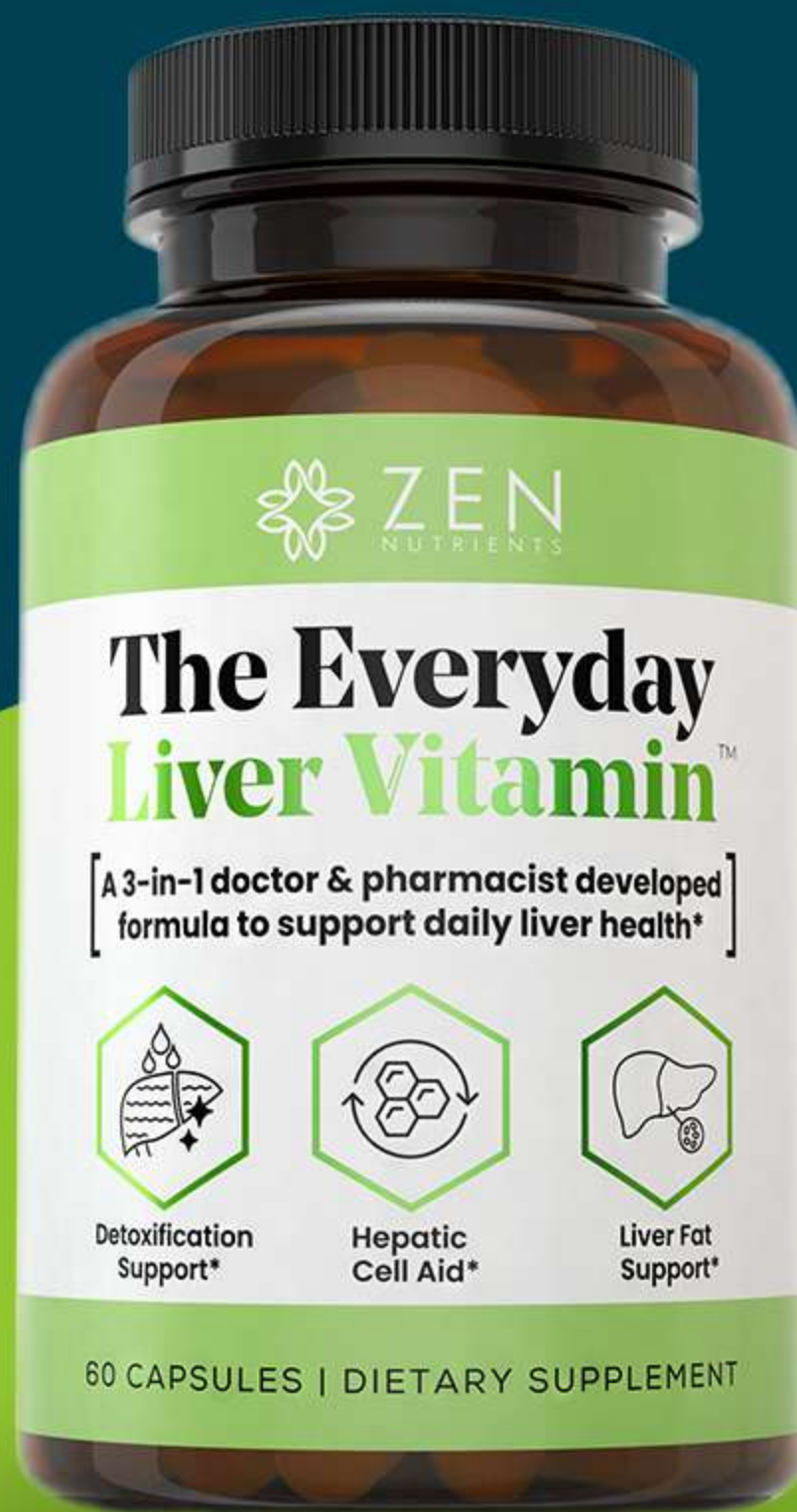




If you have any questions or would like to share your experience with our team, please feel free to send us a message.

**We love hearing from you!**

[support@zennutrients.com](mailto:support@zennutrients.com)



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



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# INGREDIENT GLOSSARY

- **B12 (methylcobalamin)** - Supports a reduction of hepatic (liver) fat accumulation, aids in reversal of liver inflammation and fibrosis.\*
- **L-Methylfolate** - Helps repair DNA, assists the detoxification process in the body and aids in lowering liver enzymes.\*
- **Vitamin E** - Vitamin E is a potent antioxidant useful for the management of NAFLD. Helps improve several biochemical and histological derangements of NAFLD.\*
- **Vitamin D** - Essential vitamin that has anti-inflammatory and anti-fibrotic effects to help with liver.\*
- **Zinc Picolinate** - Bioavailable form of Zinc that is involved in the glucose, lipid, and protein metabolism and antioxidant processes in biological pathways to assist with liver function.\*
- **Coenzyme Q10 (Ubiquinone)** - CoQ10 supplementation improves glycaemic control and reduces liver inflammation in patients with non-alcoholic fatty liver disease.\*
- **Organic Turmeric** - Turmeric aids in protecting the liver against damage caused by free radicals, toxins, and alcohol and supports healthy liver detoxification. By clearing out excess cholesterol, turmeric aids to reduce fatty deposits in the liver and may help to reduce liver inflammation.
- **Organic Milk Thistle** - Active ingredient Silymarin acts as a strong antioxidant by reducing free radical production which are clinically shown to help with liver detoxification and aid with liver cirrhosis.
- **Organic Chanca Piedra Extract** - A well known clinically studied herb that supports an improvement in liver function and decreased serum levels of glucose and insulin concentrations.
- **Organic Ginger Root Extract** - Ginger supplementation is a new therapeutic strategy for NAFLD by improving the body's antioxidant activity, and reducing levels of inflammation and insulin resistance.
- **Dandelion Root** - A well known clinically studied herb that supports an improvement in liver functions by inhibiting the pancreatic lipase, decreasing the lipogenesis and reducing the inflammation in the liver.
- **L-Cysteine** - Strong antioxidant that is valued for its ability to increase glutathione levels in the body. It helps to promote proper liver detoxification.
- **Chromium Picolinate** - Plays a key role in the regulation of glucose and lipid metabolism and may improve insulin sensitivity.
- **BioPerine®** - A patented extract ingredient used to enhance nutrient absorption, stabilize blood sugar levels and help support drug bioavailability.
- **BergaCynFF®** (Citrus bergamia) and Cynara cardunculus (artichokes) - Patented and clinically shown ingredient demonstrates the micronization and co-grinding of both ingredients leads to a better absorption and tissue distribution of orally given compounds.
  - > **Bergamont (Citrus bergamia)** - nutraceutical containing bioactive components of bergamont that are clinically shown to support a reduction of liver fat
  - > **Cynara cardunculus (artichokes)** - Artichoke has been used for centuries because of its choleric (bile stimulating) properties that assist with fat metabolism. Clinically demonstrated to lead to regeneration on injured liver cells and support a reduction in fatty liver disease.

