

### 1. Why is liver health important?

The liver is a genius at synchronization, skillfully coordinating multiple essential functions for the body. In fact, the liver performs 500 vital functions in the body! Like a biological 'mastermind', it controls the filtering and purifying the blood flowing through it, producing hormones, and simultaneously storing extra nutrients like fat-soluble vitamins and removing excess proteins, damaged red blood cells and toxins.

### 2. Is the liver necessary for digestion?

Yes. The liver creates bile which is important for digestion, specifically for breaking down fats. Bile also helps to metabolize proteins.

### 3. How does the liver support immunity?

The liver contains the largest collection of phagocytic cells in the body. Phagocytic cells protect the body from foreign particles, bacteria, and dead cells. Because the liver filters what passes through the gut, it is an important barrier between us and the outside world in terms of immune defense.

### 4. What are the key benefits of taking Liver Support?

Mannatech Essentials Liver Support is formulated to detoxify, protect, and support healthy liver function and digestive health.\* Through a proprietary blend of herbs and nutrients, it promotes healthy, daily functions including breaking down red blood cells, the production of hormones, secretion of bile, processing many vitamins and nutrients that can be used by the body, and detoxifying various substances.\*

- Supports the liver's ability to detoxify.\*
- Supports the liver's many functions.\*
- Promotes healthy liver function.\*
- Supports healthy nutrients levels.\*
- Supports digestive health.\*
- Supports the metabolism of food to energy.\*
- Supports cellular energy production.\*
- Provides choline which may help support healthy methylation.\*

### 5. How much Liver Support can I take a day?

Take 2 capsules once daily with 8 oz of water or juice.

### 6. When is the best time to take Liver Support?

For best results, take 20 to 30 minutes before a meal.

### 7. Why was Milk Thistle used in Liver Support formula?

Milk Thistle is known for supporting liver health and function by supporting against damage that can be caused by free radicals.\*

### 8. Why was Turmeric used in Liver Support formula?

Turmeric is known for its antioxidant abilities.\* This effect seems to have a powerful benefit for supporting liver function in particular, the liver's ability to detoxify.\*

### 9. Why was Choline used in Liver Support formula?

Choline is an essential nutrient needed for optimal health that our bodies produce some of, but not enough to prevent deficiency. Choline deficiency can have a negative effect on liver function; therefore, supplementation can have a positive effect on liver health.\*

\*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.

**10. What are some of the features Liver Support offers?**

Our formula which contains naturally sourced ingredients is free from preservative, gluten, soy, dairy, MSG, artificial flavors and sweeteners. It's also vegan, keto and low carb friendly as well as low glycemic.

**11. Who is Liver Support ideal for?**

Adults that wish to support their natural liver function.\*

**12. Can children take Liver Support?**

Liver Support is intended for adult use only; unless instructed by a person's qualified healthcare provider.

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