Metabolic Code®
unlock your healthiest you

Ultra-Pure Liver Concentrate

Product Monograph

Ultra-Pure Liver Concentrate is designed to support liver function, helping to decrease oxidative stress, and supporting anemia in those having trouble with blood counts or in anemia associated with heavy exercisers and athletes. ***Ultra-Pure Liver Concentrate*** **is used for TRIAD 4 liver and iron/blood support.**

Supplement Facts			
Serving Size: 1 scoopful Servings Per Container: 60			
	Amount Per Serving	**% Daily Value**	**Formula Use(s)**
Beef liver powder New Zealand Cattle, Freeze Dried	2,000 mg	*	• Hepatic support • Antioxidant, contains high level of superoxide dismutase (SOD) and catalase enzymes • Contains a high level of vitamins/minerals • Improves fatigue • Used in pernicious anemia associated with heavy exercisers and athletes
Cinnamon (*Cinnamomum burmanii*) bark powder		*	• Used as a filler in this product • However, cinnamon has blood glucose lowering and insulin signaling improving properties • Antioxidant • Improves glycemic control • Improves lipid and triglyceride parameters
* Daily value not established.			

Recommended Uses:
Helps support the liver and detoxification processes. Supports iron and ferritin levels in heavy exercisers and athletes who are prone to pernicious anemia.

Recommended Dosages:
1 scoopful 1 - 3 times daily in beverage; stir well and drink. Natural chocolate flavoring.

Supporting Research:

Ultra-Pure Liver Concentrate contains freeze-dried, New Zealand bovine liver tissue. Unlike desiccated liver, freeze-drying leaves the sensitive peptides and enzymes intact.

Ultra-Pure Liver Concentrate contains a high level of SOD (superoxide dismutase) and catalase enzymes, which lend antioxidant support. Controlling and decreasing oxidative stress is a critical factor in liver and detoxification issues.[1]

Ultra-Pure Liver Concentrate is formulated to help fight fatigue associated with a sluggish liver. It is used for pernicious anemia, helping to restore iron levels and improve fatigue associated with low blood counts. Anemia is also commonly found in heavy exercisers and athletes and supports iron and ferritin levels during pre-workout phase. An early double-blind study using total liver extract (desiccated) in patients with hepatic dysfunction reported improved digestion, constipation, cholesterol levels, prothrombin, RBC and hemoglobin in 60% of patients taking the supplement with a lack of side effects.[2]

Ultra-Pure Liver Concentrate contains cinnamon (*Cinnamomum burmanii*) bark as a "bulk filler" in the powder. However, cinnamon has a plethora of positive effects in humans, especially blood glucose and insulin signaling issues. Cinnamon is traditionally used in Asian and Indian cultures as a spice, but also as a medicine to reduce blood glucose. Lab and Clinical Studies report cinnamon:[3,4]

- Improves glycemic control
- Reduces postprandial insulin
- Increases GLP-1 (glucagon-like-peptide-1)
- Improves insulin receptor functionality
- Increased phosphorylation of signaling proteins
- Insulin-sensitive glucose transporter 4-mediated glucose uptake into muscle cells

A 2003 clinical study using 60 type 2 diabetics were given 1, 3 or 6gm raw cinnamon powder for 40 days. RESULTS were[5] :

- Reduced mean fasting serum glucose (18 - 29%)
- Reduced triglycerides (23 - 30%)
- Reduced LDL cholesterol (7 - 27%)

- Reduced total cholesterol (12 – 26%)

A 2013 meta-analysis (10 randomized trials using 543 patients) of cinnamon for Type 2 diabetes reported cinnamon use:[6]

- Reduces mean fasting serum glucose
- Reduces triglycerides
- Reduces LDL-C
- Reduces total cholesterol
- Increases HDL-C
- Has no significant effect on HgA1c

A 2018 randomized, controlled clinical trial using 140 patients diagnosed with Type 2 diabetes and giving 500mg standardized cinnamon extract BID x 3 months or placebo reported:[7]

- Cinnamon improved:
  - BMI
  - Body fat
  - Visceral fat
  - Glycemic (FPG, 2hpp, Hb, Fasting Insulin, and Insulin Resistance)
  - Lipids (Total cholesterol, LDL-c and HDL-c)
- Improvements were more pronounced in those w/ BMI >27

Toxicity, Contraindications, or Side Effects:

- Components in ***Ultra-Pure Liver Concentrate*** are reported to be safe in recommended dosages.
- If there is an allergy to any component, do not use.
- As with all dietary supplements, if you are taking prescription and/or non-prescription medications OR if you have a pre-existing health condition, please check with your doctor or other healthcare provider before taking this or ANY dietary supplement.

[1] Cichoz-Lach H, et al. Oxidative stress as a crucial factor in liver diseases. World J Gastroenterol. 2014;20(25):8082-91.

[2] Preziosi P, et al. Double-blind study of a total liver extract in patients with hepatic dysfunction. Int J Clin Pharmacol Biopharm. 1975;11(3):210-5.

[3] Hlebowicz J et al. Effects of 1 and 3 g cinnamon on gastric emptying, satiety, and postprandial blood glucose, insulin, glucose-dependent insulinotropic polypeptide, glucagon-like peptide 1, and ghrelin concentrations in healthy subjects. Am J Clin Nutr. 2009 Mar;89(3):815-21.
[4] Solomon TP, Blannin AK. Changes in glucose tolerance and insulin sensitivity following 2 weeks of daily cinnamon ingestion in healthy humans. Eur J Appl Physiol. 2009 Apr;105(6):969-76.
[5] Khan A, Safdar M, Ali Khan MM, Khattak KN, Anderson RA. Cinnamon improves glucose and lipids of people with type 2 diabetes. Diabetes Care. 2003 Dec;26(12):3215-8.
[6] Allen RW et al. Cinnamon use in type 2 diabetes: an updated systematic review and meta-analysis. Ann Fam Med. 2013;11(5):452-9.
[7] Zare R,et al. Efficacy of cinnamon in patients with type II diabetes mellitus: a randomized controlled clinical trial. Clin Nutr. 2019;38(2):549-556.