

REGENERATE YOUR LIVER

10 POWERFUL REMEDIES



Jonathan Landsman



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REGENERATE YOUR LIVER: 10 POWERFUL REMEDIES

Nonalcoholic fatty liver disease (NAFLD), the accumulation of excess fat in the liver in the absence of alcohol abuse, currently affects between 30 and 40 percent of the United States population - leading experts to describe the growing incidence of the disease as an “epidemic.” (1) While NAFLD can be mild, roughly one out of five cases will progress to steatohepatitis (a more severe form of the disease), thereby setting the stage for liver cirrhosis, liver cancer and death.

Incidentally, from 2000 to 2015, death rates for chronic liver disease and cirrhosis in the United States jumped by 31 percent among people aged 45 to 64 years. (2)

The liver - a three-pound organ nestled right under the ribcage - is a virtual superhero when it comes to detoxifying the body, cleansing the blood and fighting infections. But, the barrage of environmental toxins to which we are exposed on a regular basis - a “witch’s brew” of synthetic chemicals, pesticides, heavy metals, secondhand smoke and industrial emissions - exerts a toxic burden that can impair liver function and health.

Add to this toxic burden: the adverse effects of mercury dental fillings, toxic medications, alcohol use, sedentary lifestyle and the sugar-laden, GMO-heavy Standard American Diet - and it’s clear the detoxifying powers of the liver are being challenged like no other time in history.

That’s the bad news. Now, for the good news...

An array of non-toxic natural nutrients awaits, ready to go to work combating liver damage - reducing fatty deposits and helping the liver regenerate and renew itself.

Here are the top 10 herbs and supplements that - when used with lifestyle changes such as exercise and proper nutrition - can help stop NAFLD in its tracks.

IT'S OFFICIAL: MILK THISTLE EXTRACTS IMPROVE LIVER FUNCTION ON MANY LEVELS

With a long history of use as a trusted herbal remedy for chronic liver and kidney problems, milk thistle is now receiving long-overdue “props” from the scientific community. In fact, extensive studies have supported the ability of this amazing herb to detoxify the liver, reduce the harm caused by oxidative stress, regulate the metabolism of fats and help clear the blood of toxins - quite a “to do” list!



Scientifically known as *Silybum marianum*, milk thistle is packed with potent phytochemicals, which combat liver disease through multiple methods of action. Two milk thistle constituents - the antioxidant flavonoids silymarin and silybin - have been showcased in recent scientific studies. Also known as silibinin, silybin is a particularly potent type of silymarin - a sort of “super-silymarin”.

In one particularly promising study of patients with NAFLD, silybin decreased liver scarring, lowered liver enzymes and reduced amounts of fat in the liver. (3)

In addition, milk thistle has an ability to stimulate detoxification pathways, promote regeneration of liver cells and prevent the binding of toxins to cell membrane receptors. This “triple threat” action allows milk thistle to protect the liver against a variety of carcinogens and biological toxins.

Researchers have put milk thistle extracts to the test - and the results are extraordinary.

In a review published in *Phytotherapy Research*, the scientists found that silymarin and silybin protected against an array of potentially dangerous toxins - including carbon tetrachloride, pesticides, assorted medications, ethanol alcohol, radiation and poisonous mushrooms. (4)

And, when you think about it: With over 900 different prescription and over-the-counter drugs currently associated with liver disease, this is truly valuable information!

A strong antioxidant and anti-inflammatory, silymarin can substantially reduce AST and ALT liver enzymes - markers of liver dysfunction – in people with chronic liver disease.

In a 2013 study published in World Journal of Hepatology, researchers found that silybin was effective for reducing liver inflammation in NAFLD patients. (5) Finally, silybin has been shown to be anticancer - reducing cellular proliferation and increasing the apoptosis (programmed “suicide”) of cancer cells. (6)

In a promising study published in The International Journal of Oncology, researchers found that silybin suppressed chemoresistance - in which cancer fails to respond to the effects of drugs - and prevented further malignancy. It also protected against cancer-causing DNA mutations and inhibited tumor growth. (7)

Milk thistle extracts are available in capsule form, with integrative healthcare providers typically recommending 100 mg to 420 mg per day. Look for non-GMO, non-irradiated formulations that are standardized to contain 70 to 80 percent silymarin.

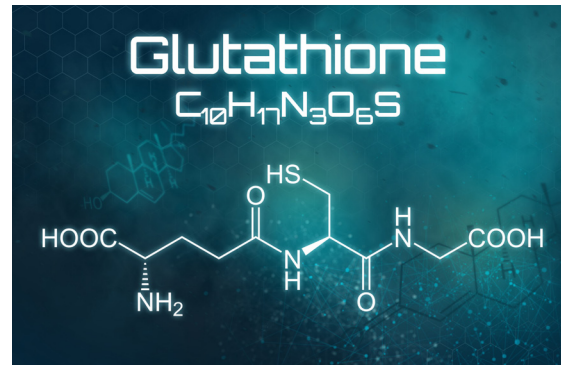
In addition, for maximum bioavailability and benefit, opt for silymarin-phosphatidylcholine complex.

GLUTATHIONE, THE BODY’S “MASTER ANTIOXIDANT,” IS A MAJOR PLAYER IN LIVER HEALTH

Glutathione, a disease-fighting natural molecule found in every cell, is often described as the body’s master antioxidant. Its tasks include neutralizing free radicals, preventing oxidative damage, protecting delicate cell mitochondria, repairing DNA and transporting vital amino acids in and out of cells.

Glutathione also acts as a sort of “bodyguard” and facilitator for other indispensable antioxidants - recycling and renewing the body’s stores of vitamin C, vitamin E, alpha lipoic acid and CoQ10.

In addition, glutathione contains sulfur, which binds to toxins and free radicals and helps flush them harmlessly from the body. In a study published in BMC Gastroenterology, researchers found that 300 mg of glutathione a day for four months helped to decrease liver enzymes, indicating a reduction in liver damage and inflammation. (8)



While life-sustaining glutathione is abundant in young people, levels drop with normal aging. Other threats to glutathione levels include illness, injury, stress, environmental toxins and medications like, acetaminophen and antibiotics.

Keep in mind, insufficient levels of glutathione can cripple the detoxification process - causing inflammation to worsen and setting the stage for degenerative disease. For example, researchers have found that people with low glutathione levels are more likely to suffer heart attacks. Therefore, to say the obvious: it's important to safeguard stores of this precious substance.

Although experts advise consuming at least 250 mg of dietary glutathione a day, most Americans - with about 35 mg a day - fall short of the mark. You can increase your dietary glutathione intake with organic asparagus, avocado, spinach, okra, cantaloupe and citrus fruits.

But, it's also important to consume foods that are rich in cysteine, a primary building block of glutathione. Cruciferous vegetables - such as organic Brussels sprouts, cabbage and kale - can offer significant support, as well as organic, cage-free eggs. (9)

Another way to support your glutathione levels is to consume undenatured, raw grass-fed whey protein – which is a great source of cysteine. Overall, eating an organic diet - free of pesticides and GMOs - drinking pure water and limiting exposure to pesticides can also help protect glutathione levels.

Plus, certain supplements - including N-acetyl cysteine, alpha lipoic acid and the mineral selenium - can help to recycle glutathione, while silymarin has been shown to increase glutathione levels in the liver by 35 percent.

When it comes to oral supplementation, some natural health experts question its value, maintaining that glutathione is broken down too quickly in the digestive tract to be of benefit. However, if you would like to try supplementation, look for a liposomal form of glutathione – which increases its bioavailability.

Integrative physicians typically recommend from 200 to 500 mg of glutathione daily, taken on an empty stomach.

THE ANTI-INFLAMMATORY POWER OF GINGER FOR OPTIMAL LIVER HEALTH

Ginger root shows great promise in treating NAFLD, as well as liver disease induced by alcohol. Scientifically known as *Zingiber officinale*, this herbal powerhouse is loaded with antioxidant compounds including gingerol, gingerone and shogaols.



Like milk thistle, ginger combats liver disease by reducing oxidative stress and inflammation. (10) In addition, ginger extracts have been shown to substantially increase levels of glutathione and superoxide dismutase - another important antioxidant.

Researchers have found that ginger extracts can improve liver profiles of patients with NAFLD (10). In an animal study published in Indian Journal of Pharmaceutical Sciences, a combination of ginger and chicory substantially improved liver damage and reduced blood sugar levels, without causing side effects. (11)

Clearly, ginger’s antioxidant, anti-inflammatory, fat-lowering and blood sugar-normalizing properties make it a “no-brainer” for inclusion in a natural regimen for liver support. You can showcase the clean, lively taste of fresh

ginger by grating it into soups and salads - or spice up carrots and sweet potatoes with powdered ginger.

Ginger root can also be brewed into a liver-nourishing tea.

If you choose to supplement with ginger extracts, look for a high-quality formula standardized to contain 5 percent gingerols. An integrative physician may recommend 75 to 1,000 mg in divided amounts, daily.

CURCUMIN IN TURMERIC HELPS TO “PUT THE BRAKES ON” NAFLD

Turmeric is a primary ingredient in Indian cuisine, where it lends its brilliant yellow hue and distinctive flavor to dishes such as curry. But, the value of this colorful spice extends far beyond culinary use.



For centuries, turmeric has been revered in the Ayurvedic healing system - where it is known as “Haridra” and used to promote proper digestion and efficient circulation. By the way, turmeric is closely related to ginger - another superstar in the pantheon of medicinal foods.

Scientifically known as *Curcuma longa*, turmeric contains a flavonoid known as curcumin - which researchers say has antioxidant, anti-inflammatory, anticancer and anti-obesity properties. In addition, curcumin helps to neutralize environmental toxins and carcinogens in the liver. (12)

Turmeric’s high content of curcumin allows it to give a powerful assist to liver health, combating NAFLD and preventing a possible progression to nonalcoholic steatohepatitis, liver cancer and cirrhosis. And, while NAFLD is diagnosed when fat comprises 5 percent of the liver or more, the threshold for NASH - a more serious condition - is 10 percent.

In one promising study, 87 participants with NAFLD were divided into two groups, with one receiving 1,100 mg of curcumin a day for eight week and the other receiving placebo. The team found that the curcumin group

experienced improved liver function when compared to the control group - and had lower body mass and smaller weight circumference, supporting the potential for curcumin to limit the accumulation of fat. (13)

In a 2017 review published in *Foods*, the authors noted that curcumin improves insulin sensitivity, discourages the formation of fat, reduces elevated blood pressure and cuts inflammation. This supports the ability of curcumin to protect against metabolic syndrome, a cluster of unhealthy medical conditions that can set the stage for NAFLD. (14)

Additional studies have also credited curcumin with suppressing pro-inflammatory chemicals while boosting the activity of liver-protecting glutathione and superoxide dismutase. You can boost your dietary intake of turmeric by simply adding generous amounts to your favorite recipes. Generally speaking, a teaspoon of powdered turmeric contains about 200 mg of curcumin.

Just remember, heat can impair the therapeutic effects of curcumin, so it's best to add it towards the end of cooking.

Turmeric supplementation is available in capsule form, with natural health experts recommending about 500 mg to 1,000 mg a day. Just be sure to find a formulation made from organic turmeric - standardized to contain 95 percent curcuminoids.

For maximum benefit, look for a formula that also contains black pepper. The active ingredient in pepper – piperine - can increase curcumin absorbability by a stunning 2,000 percent.

THE MIGHTY MINERAL ZINC OFFERS POWERFUL EFFECTS AGAINST FATTY LIVER DISEASE

Zinc, an essential trace mineral, supports wound healing, promotes normal digestion and helps maintain the health of skin and hair. Significantly, zinc is also vital in maintaining healthy liver function.

While severe zinc deficiency is rare, experts say that a milder type of shortage - marginal zinc deficiency - is widespread in the United States. Symptoms of a zinc shortfall can include fatigue, slow wound healing, increased susceptibility to infection, impaired concentration and skin disorders. (15)



And, the effect on the liver can be profound. In fact, experts say that having insufficient levels of zinc can cause an activation of liver cells that promote the oxidation of fats and cause increased accumulation in the liver.

Unfortunately, chronic liver disease - which impairs the proper absorption of vitamins and minerals - can deplete zinc even further, creating a “vicious cycle” of deficiency and disease. Therefore, research supports the potential of zinc supplementation to improve the health of chronic liver disease patients.

In a Japanese study published in *Nutrients*, patients with various forms of chronic liver disease - including hepatitis B and C, cirrhosis of the liver and NASH - were given a formula containing 33.3 mg of zinc daily for 36 months.

A control group of patients received no zinc supplementation, and both groups also received conventional medical treatment for liver disease.

The results of the research were eye-opening.

Participants in the zinc group experienced improvements in liver function - along with a dramatically reduced risk of liver cancer, a possible consequence of NAFLD. (16) Significantly, patients with the highest blood levels of zinc had the lowest levels of liver cancer, liver failure and death.

The impressed researchers concluded that zinc supplementation “improved liver pathology and reduced the risk of cancer” - and did so safely. Clearly, if you have NAFLD - or are looking to prevent the condition - it is crucial to maintain enough zinc, daily.

But, how do you know if you are getting enough of this essential mineral?

The USDA advises that men consume 11 mg of zinc a day, while women should strive for 8 mg. And, the USDA sets the tolerable upper limit of zinc at 40 mg a day.

In terms of your diet: grass-fed beef and organic poultry are excellent sources of zinc, as are wild-caught salmon and cage-free eggs. If you're a vegetarian or vegan, no worries - pumpkin seeds, sunflower seeds and cashews can help "top off" levels of dietary zinc.

Of course, zinc supplementation is available in the form of lozenges, capsules and tablets.

VITAMIN C HELPS TO NEUTRALIZE TOXINS WITHIN THE LIVER

With powerful antioxidant and anti-inflammatory properties, vitamin C is a natural choice for protecting and supporting the liver. Not only does it reduce oxidative damage and scavenge harmful free radicals, but this immune system-boosting nutrient helps to restore oxidized glutathione back to its active form - while raising glutathione levels in blood cells.



Studies have shown that dosages as low as 500 mg a day can help prevent fatty buildup and cirrhosis, while vitamin C experts maintain that higher dosages - in the area of 5,000 mg a day - can actively flush fats from the liver.

Epidemiological studies seem to back the link between high vitamin C levels and reduced risk of NAFLD. In a 2016 Chinese study, published in PLoS One and involving over 3,000 participants, volunteers with the highest vitamin C intake were found to be substantially less likely to develop NAFLD than those at the lower end of the scale. (17)

In addition, separate studies have helped to highlight vitamin C's role in cancer prevention. With liver cancer a possible consequence of NAFLD and NASH, this is particularly significant.

Frederick Klenner, MD - a vitamin C pioneer who successfully treated diseases such as polio and influenza in the 1940s and 1950s using high-dose vitamin C - reports that vitamin C injections (at 500 to 900 mg per kilogram of body weight a day) can eliminate the liver disease hepatitis in as little as two to four days.

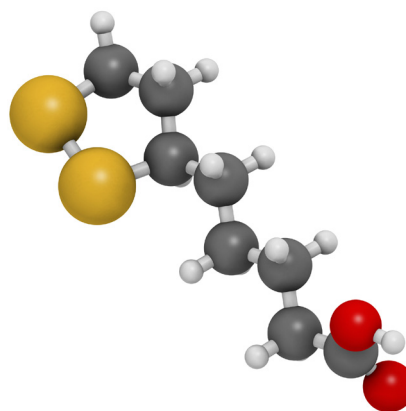
To support liver health, Dr. Klenner advised daily preventive dosages of vitamin C at 5,000 mg a day. (18)

Vitamin C is found in citrus fruits, bell peppers, strawberries and kiwifruit, as well as in leafy greens and cruciferous vegetables -- such as Brussels sprouts, broccoli and cauliflower. And, while the National Institutes of Health (NIH) recommends that adults get a mere 75 to 90 mg of vitamin C a day, natural health experts insist this amount is way too low - and recommend daily serving sizes of several grams or more.

ALPHA LIPOIC ACID REJUVENATES THE LIVER NATURALLY WITHOUT NEGATIVE SIDE EFFECTS

Alpha lipoic acid (ALA), a natural nutrient and antioxidant produced in the body, is a powerful ally against liver disease. The ultimate "team player," ALA works to recharge and regenerate other antioxidants that protect the liver, including vitamin C, vitamin E, glutathione and CoQ10.

ALA is particularly effective at restoring glutathione levels that have been reduced by illness, stress and immune system depletion. In addition, this versatile compound binds to - and detoxifies - toxic heavy metals such as mercury and lead.



Worth noting: ALA has an unusual “superpower” that makes it uniquely valuable. It is both water-soluble and fat-soluble, meaning that this natural compound can penetrate - and benefit - every cell of the body. (19)

ALA has been shown in studies to lower liver enzymes, reduce viral loads and alleviate symptoms of liver disease - giving researchers cause for hope that it can help prevent NAFLD, and slow or stop the potential progression to NASH. No doubt, plenty of research has yielded encouraging results, to say the least.

For example, in a promising study published in *Hepatology*, ALA supplementation was found to prevent the accumulation of triglycerides (fats) in the liver - which is, incidentally, the very essence of preventing NAFLD. (20)

As it relates to the diet: ALA can be found in both animal and plant foods. But, certain foods like, grass-fed beef, broccoli sprouts, yams, beets and carrots are particularly good sources.

ALA is also available as a supplement, with integrative physicians typically recommending 25 to 50 mg a day - for general antioxidant therapy - and higher amounts for NAFLD patients.

GET PROACTIVE ABOUT YOUR LIVER HEALTH WITH PROBIOTICS

Probiotics are live microorganisms that support “friendly” bacteria in the gut microbiome - the community of microorganisms that live in the gastrointestinal tract. These beneficial bacteria help to process fiber, break down carbohydrates and produce vitamins - and can even influence immune health and mood.



Now, exciting new research attests to the potential of probiotics as an intervention for liver disease.

In an animal study conducted at Tufts University, researchers found that metabolites of beneficial bacteria in the intestinal tract can decrease the activity of pro-inflammatory molecules and reduce expression of fatty acids in the liver. In other words, these bacteria byproducts helped cut the inflammatory response and ease NAFLD. (21)

Probiotic supplementation received another “feather in its cap” when it comes to reducing liver damage from medications.

Studies have shown that supplementation with *Lactobacillus rhamnosus* GG - a common strain used in many over-the-counter probiotic preparations - can help reduce liver damage resulting from the toxic effects of acetaminophen. (22)

Yogurt with active cultures, sauerkraut, miso soup, pickles, kombucha tea and kimchi (pickled cabbage) can all help you ramp up your probiotic intake. And, of course, an organic diet, free of GMO foods and toxic pesticides can go a long way towards maintaining the health of your gut microbiome.

Probiotics are also available in supplementary form with natural health experts suggesting a high-quality product with 10 to 30 different probiotic strains - featuring a CFU (colony forming units) count in the area of 5 billion to 100 billion.

COQ10 MAY HELP REVERSE NAFLD AND PREVENT PROGRESSION TO NASH

The statistics are truly sobering: one out of three patients with NAFLD will develop NASH. And 20 percent of those will develop liver scarring, or cirrhosis - which in turn can lead to liver cancer and liver failure.

CoQ10, a vitamin-like nutrient with strong antioxidant properties, may not only help reverse and treat NAFLD -



but perform the all-important function of preventing its progression to NASH. For example, in a double-blind, placebo-controlled study published in *Journal of the American College of Nutrition*, subjects with mild to moderate NAFLD were given 100 mg of CoQ10 daily for twelve weeks. (23)

The team then measured markers of inflammation, liver enzymes, and cellular liver fat - and found that CoQ10 appeared to reverse NAFLD (with some of the participants in the study group improving so much that their liver function was classified as “normal”).

Calling for further studies to confirm these encouraging results, the researchers deemed CoQ10 supplementation “a good adjuvant therapeutic option.” Unfortunately, chronic disease, oxidative stress, nutritional deficiencies and the use of statin drugs can all deplete valuable stores of CoQ10 in the body. (24)

To be clear – diet really is important when it comes to CoQ10. You can increase your dietary intake of CoQ10 by eating grass-fed beef, chicken, and cold-water fatty fish such as sardines and wild-caught salmon.

Cruciferous vegetables, citrus fruits, berries, soybeans and lentils also offer modest amounts of CoQ10. And, in terms of supplementation, typical CoQ10 serving sizes can range from 100 to 300 mg a day, depending on individual needs.

PHOSPHATIDYLCHOLINE PROMOTES THE BREAKDOWN OF FATS AND THE REGROWTH OF LIVER CELLS

While phosphatidylcholine might carry a scientific, tongue-twisting name, its role in improving liver health is quite simple. This natural nutrient is a sort of beneficial “slim-down” molecule that assists in the breakdown of fats - and helps prevent their accumulation in the liver.



In fact, phosphatidylcholine injections are currently used to reduce body fat and combat obesity. As if its fat-burning capabilities weren't impressive enough, it turns out that phosphatidylcholine can actively promote the regeneration and regrowth of liver cells.

Best of all: evidence of its therapeutic value is beginning to accumulate. In a study published in *Free Radical Biology and Medicine*, a combination of phosphatidylcholine and silybin from milk thistle was associated with significant improvement in liver enzymes, liver scarring and insulin resistance in patients with NAFLD. (25)

While phosphatidylcholine is normally produced in the body, levels drop with aging. Unsurprisingly, research has shown that low levels are linked with NAFLD, liver damage and liver failure.

You can boost your dietary intake of phosphatidylcholine by eating egg yolks - which contain a whopping 6,771 mg per 100-gram serving, chicken and beef liver. Assorted plant foods - such as Non-GMO (organic) soybeans and wheat germ contain the nutrient as well, but in more modest amounts.

Phosphatidylcholine is also available in a supplement form, with natural health experts typically recommending around 400 mg daily.

In conclusion, just remember, while these supplements and foods can help regenerate and rejuvenate the liver, it's also helpful to make many other healthy lifestyle choices, such as: eating a healthy (non-GMO) diet rich in organic fruits and vegetables; being physically active – on a regular basis; minimizing your emotional and mental stress levels; avoiding refined (processed) simple sugars; eliminating alcohol consumption and maintaining a healthy body weight.



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ABOUT JONATHAN LANDSMAN

Jonathan Landsman is the creator of [NaturalHealth365.com](https://www.naturalhealth365.com) and the [NaturalHealth365 podcast](#) - which features the brightest minds in natural health and healing.

Reaching hundreds of thousands of people, worldwide, as a personal health consultant, writer and podcast host – Jonathan has been educating the public on the health benefits of an organic (non-GMO) diet along with high-quality supplementation and healthy lifestyle habits including exercise and meditation.



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