



FORGED LIVER SUPPORT

Being an athlete is about more than being the best, it is about being healthy. Usually this is what motivates people to get in the gym in the first place. Therefore we feel that any good line of products should include a product focused directly on health. The liver is a crucial organ for maintaining that health as it is the workhorse in the body for detoxification. It made sense to provide a quality formula for the liver.

Starting with N-acetyl-L-Cysteine (NAC) was a no-brainer. This is what is given to poison victims to protect their livers, and it has been well accepted by the medical community as a very powerful antioxidant. It should go without saying that antioxidants are crucial in preventing damage done to the body by free radicals. Free radicals often arise when compounds are detoxified.

Though, what often isn't talked is that our bodies make some antioxidants, and others we can only get from the foods we eat, especially fruits and vegetables. And while most of these have yet been classified as essential, as vitamins, it may only be because enough studies haven't been done yet. But who knows how much those antioxidants you may not be getting enough of have an effect on preventing diseases like cancer and the effects of old age.

In addition to NAC we selected several other powerful antioxidants that have been studied specifically for their beneficial effect on the liver. Milk thistle has been demonstrated in studies to reduce liver inflammation and improve liver function in patients with liver disease.

Another antioxidant we included was the herb Astragalus, a type of bean that has been used in Chinese medicine for over 2,000 years. Among its many curative properties, the Chinese used this for treating the liver. Research in the past decade has focused on its effect on the liver, fighting viral infections, and its role in the treatment of cancer. Interestingly an extract has been shown to prevent the shortening of telomeres, which are the caps on DNA that keep cells young.

Next we added Phosphatidylcholine, which is another big gun supplement for the liver. This is a great bioactive form of the essential B vitamin Choline. This supplement is a key component of cell membranes as well as the molecules that transport fat out of the liver. High concentrations are found in the brain and liver. As a result it has been used as support in Alzheimer's, depression, and other brain disorders. Deficiency in the diet can lead to liver disease, and supplementation is used for individuals with liver disease or damage.

Regulating cholesterol levels in the body is a large function of the liver. So to provide extra support we added red yeast rice, which contains chemicals similar to those in cholesterol medications for reducing cholesterol levels in the body.

We formulated this liver product to include everything we wanted for that extra protection for our health. The result is a balanced formula for an athlete's health maintenance. We even included a small amount of Saw Palmetto for prostate support as well.

* This product should not be used to treat or as a substitute for treatment of acute poisoning.