

Protect Endo-B – Liver Protectant

About Protect Endo-B

- Bisphenol A (BPA) is a known endocrine disruptor that can be found in plastic water bottles, plastic food containers, and canned goods with an inner coating of epoxy resin.¹ According to the Canadian Health Measure Survey, 91% of Canadians had detectable BPA in their urine.²
- Urinary levels of BPA fall in response to decreased exposure.²
- Endo-B features antioxidant sources to help prevent oxidative damage from BPA.³
- Contains milk thistle – a well-known liver protectant.^{4,5}
- Helps support the function of the liver, an organ involved in detoxification.
- Methyl donors (such as methylcobalamin, methylfolate, and betaine) help protect liver health by supporting the liver's methylation reactions and antioxidant defences.⁶
- Methylcobalamin and methylfolate help prevent B12 and folate deficiencies.

How to Use Protect Endo-B

- Take 1 capsule 3 times per day or as directed by a health care practitioner. Take with food. Consult a health care practitioner for use beyond 8 weeks. **For Liver Protection and Function:** Use for at least 3 weeks to see beneficial effects.

Cautions and Contraindications

- Consult a health care practitioner prior to use if you are pregnant or breastfeeding or have a peptic ulcer or excess stomach acid. Stop use if hypersensitivity/allergy occurs. Consult a health care practitioner if symptoms worsen. Keep out of reach of children.

Drug Interactions

- Milk thistle may have additive effects with antidiabetes drugs. Milk thistle may cause an allergic reaction in individuals who are allergic to the *Asteraceae/Compositae* family. When taken concurrently, grape juice can reduce cyclosporine absorption and/or phenacetin absorption. Folic acid might antagonize the effects of phenobarbital and/or primidone and increase the risk for seizures. Folic acid might decrease serum levels of phenytoin and/or might antagonize the effects of pyrimethamine.

Quick Tips for Optimal Health

- ☐ Choose BPA-free containers for food storage. BPA-containing plastics release more BPA with heat and time, so replace old plastics and avoid heating them in the microwave.⁷
- ☐ Limit canned foods and drinks, especially in cans that are lined in epoxy resin, which is made with BPA.⁷
- ☐ Only take receipts if you need them, as receipts are high in BPA. Be sure to wash your hands before you eat, after handling a receipt.⁸
- ☐ Move your body. Find a form of exercise you enjoy, as exercise improves energy metabolism and decreases the liver's oxidative stress. A healthy liver is better able to process and clear toxins.⁹
- ☐ Consider the Mediterranean diet, a common recommendation for both liver and heart health. It emphasizes fruits and vegetables, whole grains, and unsaturated fats, while avoiding refined carbohydrates and added sugars.¹⁰
- ☐ Be sure to get enough sleep. Experts recommend 7–9 hours of sleep per night for adults. BPA can increase oxidative stress, and adequate sleep helps protect against oxidative stress.¹¹

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

References

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