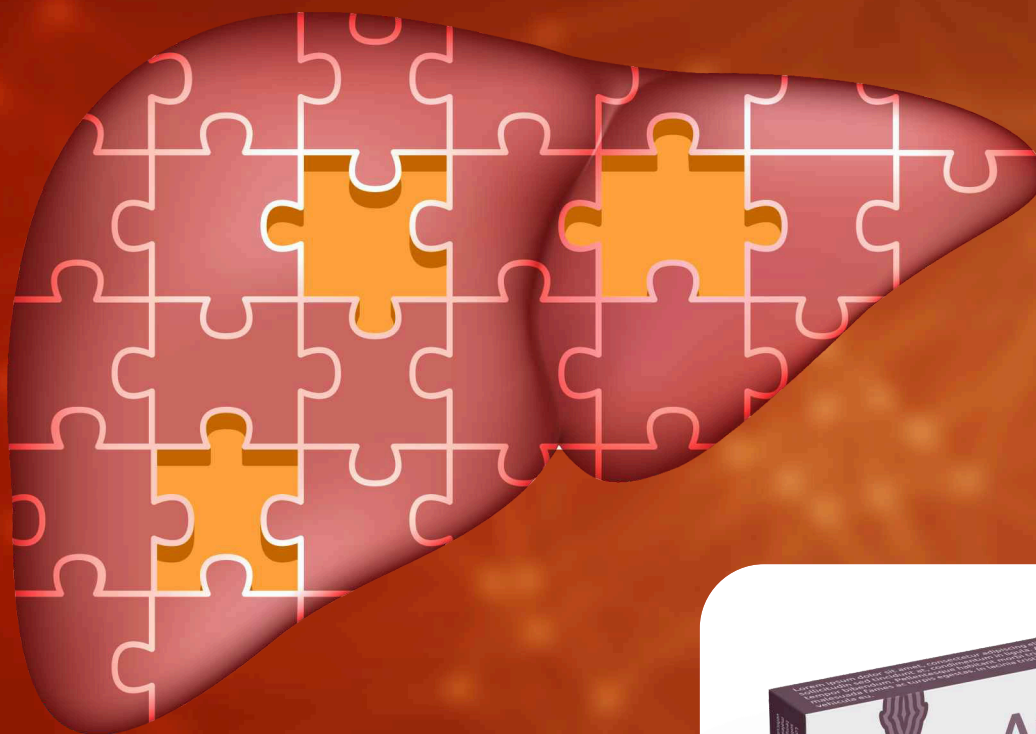




Amlivera

Advanced Liver Support. Better Digestion.

Comprehensive **support** for **liver function**,
lipid metabolism and **digestive comfort**.



Comprehensive support for liver function, lipid metabolism and digestive comfort.

Amlivera combines choline with **standardized extracts** of **milk thistle**, **artichoke** and **ginger** to support **normal liver function** and **lipid metabolism**, promotes **bile flow** and **fat digestion**, and help **relieve post-meal fullness, bloating** and digestive **discomfort**.

Amlivera 30 capsules	One capsule contains:
Choline bitartrate	175 mg
Milk thistle fruit dry extract (<i>Silybum marianum</i>), standardized to ≥80% silymarin	87.5 mg 70 mg
Artichoke leaf extract (<i>Cynara cardunculus</i>), standardized to ≥2.5% cynarin	250 mg 6.25 mg
Ginger rhizome dry extract (<i>Zingiber officinale</i>), standardized to ≥10% gingerols	100 mg 10 mg

Recommended dosage:
1 capsule twice daily, with or after meals.

Choline

A large proportion of choline metabolism takes place in the liver, one of the primary organs responsible for choline storage following intestinal absorption. In individuals with inadequate dietary choline intake, non-alcoholic fatty liver disease (NAFLD) is among the earliest adverse effects observed. In some cases, significant liver damage may occur, reflected by elevated liver enzyme levels. Choline and other dietary methyl donors play a crucial role in maintaining normal liver function. These nutrients are important modulators of epigenetic regulation of gene expression.⁽¹⁾ The molecular pathways involved in the development of fatty liver, hepatic

fibrosis, and hepatocellular carcinoma are regulated through epigenetic mechanisms.⁽¹⁾

Approved health claims for choline:

- Choline contributes to the maintenance of normal liver function.
- Choline contributes to normal homocysteine metabolism.
- Choline contributes to normal lipid metabolism.

These health claims may only be used for foods containing at least 82.5 mg of choline per 100 g, 100 mL, or per serving, in accordance with applicable regulations. A randomized, placebo-controlled clinical study demonstrated that choline supplementation significantly improved liver function, reduced oxidative stress and

improved lipid metabolism in patients with non-alcoholic fatty liver disease (NAFLD). By supporting phosphatidylcholine synthesis, choline facilitates the export of triglycerides from the liver, helping reduce hepatic fat accumulation and inflammation while slowing disease progression⁽²⁾

Milk Thistle fruit dry extract **(*Silybum marianum*)**

Milk thistle (*Silybum marianum*) is one of the most extensively studied medicinal plants used to support liver health. Phytochemical analysis has identified several active constituents, particularly silymarin, a complex of polyphenols and flavonolignans. Its main derivatives, including silibinin, are responsible for many of its beneficial properties.⁽³⁾ Milk thistle exhibits antioxidant, anti-inflammatory and hepatoprotective effects. Silymarin helps protect hepatocytes from oxidative stress, stabilizes cell membranes and supports regenerative processes in the liver. The European Medicines Agency (EMA/HMPC) recognizes the traditional use of milk thistle preparations for the relief of mild digestive disturbances, sensations of fullness and indigestion, as well as for supporting normal liver function. Due to its long-standing traditional use and favorable safety profile, milk thistle extract is one of the most used herbal ingredients in dietary supplements intended to support liver health.^{(3) (4)}

Artichoke Leaf Extract

Artichoke leaf extract supports digestive and normal liver function. Its active compounds, including cynarin, flavonoids and sesquiterpene lactones, provide antioxidant and hepatoprotective effects and may support lipid metabolism. According to the EMA/HMPC monograph, artichoke leaf preparations are traditionally used to relieve mild digestive complaints, including fullness, bloating and flatulence.⁽⁵⁾

A randomized, double-blind, placebo-controlled study showed that six weeks of supplementation significantly reduced symptoms of functional dyspepsia and improved digestive comfort.⁽⁶⁾

A meta-analysis of randomized controlled trials also found that artichoke supplementation significantly reduced ALT and AST levels, particularly in individuals with elevated liver enzymes.⁽⁷⁾

Ginger rhizome dry extract

Ginger is a medicinal plant rich in bioactive compounds, particularly gingerols, shogaols, paradols and zingerone, which contribute to its broad biological activity. Its antioxidant effects are associated with the neutralization of reactive oxygen species, reduction of oxidative stress and modulation of endogenous antioxidant enzymes, including superoxide dismutase, catalase and glutathione peroxidase. These mechanisms may help protect cells from oxidative damage.

Ginger may also support immune function by modulating cellular signaling pathways involved in inflammation. Its bioactive compounds may influence the activity of macrophages, lymphocytes and cytokines, thereby contributing to a balanced immune response.

Clinical evidence also indicates that ginger may have a beneficial role in conditions associated with inflammation and oxidative stress, including gastrointestinal disorders, nausea and certain metabolic disturbances.⁽⁸⁾

1. Mehedint, M. G., & Zeisel, S. H. (2013). Choline's role in maintaining liver function: new evidence for epigenetic mechanisms. *Current Opinion in Clinical Nutrition and Metabolic Care*, 16(3), 339–345. <https://doi.org/10.1097/MCO.0b013e3283600d46>
2. Sedhom, S.S., El Wakeel, L.M., Barakat, E.M.F., Shousha, H.I., Shamkh, M.A., Salama, S.H., Zaky, D.Z. and El Kholy, A.A. (2025) 'The impact of choline supplementation on oxidative stress and clinical outcomes among patients with non-alcoholic fatty liver disease: A randomized controlled study', *Therapeutic Advances in Chronic Disease*, 16, 20406223251358659. <https://doi.org/10.1177/20406223251358659>
3. Nawaz, A., Zaib, S., Khan, I., Ahmed, A., Shahzadi, K., & Riaz, H. (2023). *Silybum marianum*: An Overview of its Phytochemistry and Pharmacological Activities with Emphasis on Potential Anticancer Properties. *Anti-cancer agents in medicinal chemistry*, 23(13), 1519–1534. <https://doi.org/10.2174/187152062366623041211152>
4. European Medicines Agency (EMA), Committee on Herbal Medicinal Products (HMPC) (2018) European Union herbal monograph on *Silybum marianum* (L.) Gaertn., fructus. EMA/HMPC/294187/2013.
5. European Medicines Agency (EMA), Committee on Herbal Medicinal Products (HMPC) (2018) European Union herbal monograph on *Cynara cardunculus* L. (syn. *Cynara scolymus* L.), folium. EMA/HMPC/194014/2017
6. Holtmann, G., Adam, B., Haag, S., Collet, W., Grünewald, E. and Windeck, T. (2003) 'Efficacy of artichoke leaf extract in the treatment of patients with functional dyspepsia: a six-week placebo-controlled, double-blind, multicentre trial', *Alimentary Pharmacology & Therapeutics*, 18(11–12), pp. 1099–1105. <https://doi.org/10.1046/j.1365-2036.2003.01767.x>
7. Amini, M.R., Sheikhhossein, F., Talebyan, A., Bazshahi, E., Djafari, F. and Hekmatdoost, A. (2022) 'Effects of Artichoke Supplementation on Liver Enzymes: A Systematic Review and Meta-Analysis of Randomized Controlled Trials', *Clinical Nutrition Research*, 11(3), pp. 228–239. <https://doi.org/10.7762/cnr.2022.11.3.228>
8. Ayustaningwarno, F., Anjani, G., Ayu, A.M. and Fogliano, V. (2024) 'A critical review of Ginger's (*Zingiber officinale*) antioxidant, anti-inflammatory, and immunomodulatory activities', *Frontiers in Nutrition*, 11, Article 1364836. doi:10.3389/fnut.2024.1364836.

Supporting liver health. Enhancing digestive comfort. Naturally.

Why Amlivera:

- **Four complementary ingredients** acting through multiple physiological pathways.
- Standardized **botanical extracts** with defined active compounds.
- **Evidence-based formulation** supported by scientific literature.
- Dual **support for liver function** and digestive health.
- Designed for **everyday digestive** and **hepatobiliary support**.

Recommendation for:

- Supporting **normal liver function**
- Maintaining **normal lipid** metabolism
- **Supporting bile production** and fat digestion
- Relieving **post-meal fullness** and bloating
- **Supporting digestive comfort** after heavy meals
- Promoting **healthy gastrointestinal** motility



Caring for
Everyone's *Health*