

THE LIVER + GALLBLADDER SUPPORT SELECTION GUIDE

Your liver doesn't need a random detox. It needs support for the work it already does.

Does any of this sound familiar?

- ✓ You've seen a dozen different "liver detox" products and have no idea which one you need
- ✓ You wonder if you should just take all of them to be safe
- ✓ You've heard TUDCA and milk thistle mentioned but don't know how they're different
- ✓ You feel bloated, sluggish, or "toxic" and assume your liver needs a cleanse
- ✓ You're not sure if bile even matters, or what it actually does

Here's a different way to think about it.

Your liver is not a filter you periodically clean.

It's an active organ doing metabolic work every day.

The goal isn't to force detoxification. It's to support the system already at work.

This isn't a liver cleanse. It's a selection guide — built to help you understand what your liver and gallbladder actually need, so you can choose support with a purpose instead of grabbing everything on the shelf.

"The best liver support plan isn't the one with the most products. It's the one where every product has a purpose."

What Does The Liver Actually Do?

Your liver does not take a day off. It's involved in far more than "detox" — here are eight of its jobs happening right now, whether you think about them or not.

NUTRIENT PROCESSING

Helps process nutrients absorbed from food.

GLUCOSE REGULATION

Stores and releases glucose according to your body's needs.

FAT & CHOLESTEROL METABOLISM

Plays a major role in lipid processing.

BILE PRODUCTION

Produces the bile your digestive system depends on.

HORMONE METABOLISM

Participates in processing hormones and their metabolites.

DETOXIFICATION / BIOTRANSFORMATION

Transforms compounds so they can be processed and eliminated.

PROTEIN PRODUCTION

Produces important proteins used throughout the body.

ANTIOXIDANT DEFENSES

Depends heavily on antioxidant systems, including glutathione pathways.

"The liver is doing its job. Our job is to support the foundations it depends on — not to force it."

The Gallbladder Has A Job Too

The liver produces bile. The gallbladder stores and concentrates it. When food enters your digestive tract — especially a fat-containing meal — bile is released to support digestion and absorption.



BILE IS NOT JUST ABOUT FAT

Bile also plays a role in absorbing fat-soluble nutrients, moving certain compounds through the digestive system, supporting normal elimination pathways, and shaping the gut environment.

This isn't a cure-all claim. Not every symptom comes from poor bile flow. The point is narrower: bile is a genuinely important part of normal liver and digestive function — which is exactly why bile-supportive options have a real place in this guide.

"Bile isn't waste. It's a working part of digestion with a job to do."

The Liver Support Map

Not every liver supplement does the same thing. This is the central idea behind this whole guide — different products support different parts of the system.



Stop thinking "I need a liver detox supplement." Start asking: **what part of liver and gallbladder function am I actually trying to support?**

"Support the cells. Support the nutrients. Support the bile when appropriate. Choose based on the job, not the label."

Support The Organ. Don't Punish It.

"Liver detox" culture often means forcing something — a harsh purge, a random pile of herbs, a juice cleanse. That's a different approach than supporting the normal physiology already happening.

Random "Liver Detox"

- Juice cleanse
- Harsh purge
- Throw every liver herb together
- Try to force detoxification
- Ignore nutrition
- Ignore digestion
- Ignore bile
- Ignore medication interactions

Support Normal Liver Function

- Provide phospholipids
- Support nutritional adequacy
- Support bile when appropriate
- Support antioxidant systems
- Support digestion
- Support healthy inflammatory signaling
- Support metabolic health
- Use targeted botanicals when appropriate
- Respect medical context

Your liver isn't clogged or dirty. It's already doing this work. A nourished body lets go of what doesn't belong — our job is providing the nutrients, membranes, antioxidant support, and metabolic environment that let normal physiology function well.

Start With The Cell

Your liver is made of cells. Before reaching for a targeted bile or botanical product, it's worth supporting the membranes those cells are built from.

CELL MEMBRANE & LIVER SUPPORT

BodyBio PC BodyBio · Phosphatidylcholine

What it's for: Phosphatidylcholine is a major phospholipid component of cell membranes, and it's highly relevant to liver physiology specifically.

Why it's here: Supports healthy cell membranes, cellular structure, and healthy lipid transport — foundational support, not a cure for liver disease.

YOUR DIGESTIVE SYSTEM RESPONDS TO BITTERS

Bitter compounds have traditionally been used to stimulate digestive signaling and support bile and digestive function. Dandelion, gentian, artichoke, ginger, myrrh, and tangerine peel are common examples — you'll see several of them again shortly.

Bitters aren't automatically appropriate for everyone. Individual tolerance and medical context both matter — this is background for the products ahead, not a standalone recommendation.

"Your liver is made of cells. Support the membranes first."

Choose One: TUDCA Or Liver GB+

These are your two bile-support options — and they're built for different needs. The key thing to understand before choosing either one:

LIVER GB+ ALREADY CONTAINS TUDCA

Liver GB+ is not a separate product to add on top of TUDCA — it's a broader formula that already includes TUDCA inside it. For most people, it makes more sense to choose **pure TUDCA** or **the broader Liver GB+ formula** — not automatically both. Taking both isn't necessarily harmful, but it's rarely necessary, and it's not "double bile support."

BodyBio TUDCA

Simple
Targeted
Bile-acid focused

or

Liver GB+

TUDCA + Botanicals
Broader, multi-pathway
Liver + gallbladder + digestive support

CHOOSE TUDCA WHEN YOU WANT

A simple, targeted bile-acid option — nothing more, nothing added.

CHOOSE LIVER GB+ WHEN YOU WANT

A broader formula combining TUDCA with botanical, phospholipid, digestive, and antioxidant support.

"You generally don't need both just to get more TUDCA."

Why Liver GB+ Is Different

Liver GB+ combines several categories of support into one formula — this is why it's the "broader" option rather than a simple single-ingredient product.

TUDCA (100MG) → BILE SUPPORT

The same bile-acid support found in the standalone TUDCA option.

ARTICHOKE LEAF (250MG) → DIGESTIVE & BILE SUPPORT

A traditional bitter used to support digestion and bile.

SILIPHOS / MILK THISTLE + PC (240MG) → CELLULAR & ANTIOXIDANT SUPPORT

Combines liver-cellular support with phospholipid delivery.

TURMERIC (150MG) → INFLAMMATORY & ANTIOXIDANT SUPPORT

Supports a healthy inflammatory and antioxidant environment.

GINGER (50MG) → DIGESTIVE SUPPORT

Traditionally used to support digestion and healthy inflammatory signaling.

TANGERINE PEEL & BUPLEURUM (100MG / 25MG) → TRADITIONAL BOTANICAL SUPPORT

Botanicals with a long history of traditional use in digestive formulas.

Always follow the exact dosing instructions on the product label — or as directed by your healthcare professional. This guide explains what each product is for, not how much to take.

"Choose Liver GB+ when you want one formula that combines TUDCA with botanical, phospholipid, digestive, and antioxidant support."

Support The Chemistry Of Normal Function

Detoxification requires chemistry — and that chemistry requires raw materials. These three support the liver at the cellular and biochemical level, separate from the bile-support choice on the previous pages.

LIVER CELLULAR & ANTIOXIDANT SUPPORT

Milk Thistle Liver Cellular Support

What it's for: Supports healthy liver cells, normal liver cellular function, and antioxidant defenses.

Why it's here: Support the liver cell itself — not a claim that it regenerates a damaged liver.

GLUTATHIONE & ANTIOXIDANT SUPPORT

NAC NOW Foods · N-Acetyl Cysteine

What it's for: Provides cysteine, which the body can use in glutathione production — an antioxidant used heavily in liver physiology.

Why it's here: Supports glutathione production, antioxidant defenses, and normal cellular detoxification pathways.

MINERAL FOUNDATION

Remineralize Macro + Micro Minerals BodyBio

What it's for: Your liver cannot run biochemistry without raw materials — minerals support enzyme activity, antioxidant systems, cellular signaling, and energy production.

Why it's here: Not a claim that minerals directly detox the liver — this is nutritional foundation the whole system depends on.

"NAC and minerals together are support for the chemistry of normal liver function — not a detox cure."

Berberine & LiverSauce

METABOLIC + GLUCOSE SUPPORT

Berberine Metabolic Support

What it's for: The liver is a metabolic organ too — involved in glucose storage and release. Berberine supports healthy glucose metabolism, insulin sensitivity, and metabolic health.

Why it's here: Belongs here because of the liver's metabolic role — not positioned as "only" a liver supplement.

A BROADER BOTANICAL OPTION, ESPECIALLY FOR HORMONE METABOLISM

Dr. Shade's LiverSauce® Quicksilver Scientific · Liquid

Bitters — dandelion, solidago, gentian, myrrh: traditional digestive, bile, and drainage support.

Flavonoids — quercetin, luteolin: antioxidant support and healthy inflammatory signaling.

DIM — supports healthy hormone metabolism and normal detoxification pathways.

R-Lipoic Acid — supports antioxidant systems and glutathione-related pathways.

Milk Thistle + Phosphatidylcholine — liver cellular support with liposomal delivery.

Choose LiverSauce when you want a liquid, botanical-heavy liver and bile support option with additional antioxidant and hormone-metabolism support — particularly relevant when hormone metabolism is part of the picture. This isn't exclusively for women, but it's a strong fit when that's a consideration.

What Are You Trying To Support?

You don't need everything. Choose support for a reason — this chart is built to be easy enough to screenshot and come back to.

IF YOU WANT...	CHOOSE
Foundational phospholipid / cell membrane support	BodyBio PC
Simple, targeted bile support	BodyBio TUDCA
Broader TUDCA + botanical formula	Liver GB+
Liver cellular / antioxidant support	Milk Thistle
Glutathione precursor support	NAC
Mineral foundation	Remineralize
Liquid bitter + botanical formula	LiverSauce
Metabolic + glucose support	Berberine

Start Simple

- 1. Foundation:** BodyBio PC + mineral support.
- 2. Then choose a bile option:** TUDCA or Liver GB+ — not both.
- 3. Add only if it serves a purpose:** Milk Thistle, NAC, LiverSauce, or Berberine.

"You don't need everything. Choose support for a reason."

Gallbladder Support Is Not Something To Guess With

Bile-supportive products are genuinely useful for many people. But gallbladder disease is a different situation entirely — this section matters as much as anything else in this guide.

SEEK MEDICAL EVALUATION IF YOU HAVE

Known or suspected gallstones, previous bile duct obstruction, significant gallbladder disease, previous biliary complications, unexplained right-upper-abdominal pain, jaundice, fever associated with gallbladder-type pain, persistent vomiting, or pale stools / very dark urine.

If you have known gallstones or gallbladder disease, speak with your physician before using any supplement specifically intended to influence bile flow. Increasing bile flow does not dissolve or safely move gallstones, and this guide does not recommend a "gallbladder flush" of any kind. TUDCA and bitters are not universally safe in gallstone disease.

MEDICATION CONSIDERATIONS

If you take prescription medication, discuss berberine, concentrated botanicals, turmeric/curcumin, or any product affecting glucose metabolism or bile/digestive function with your healthcare professional first. Never adjust or stop medication without medical guidance.

Lifestyle Foundations & Elimination

Supplements are not the foundation of liver health — these are. And whatever the liver processes eventually needs an appropriate route out of the body, which is why elimination belongs in this conversation too.

NUTRIENT-DENSE FOOD

Adequate protein and micronutrients support the machinery of liver function.

FIBER & HYDRATION

Support regular bowel movements and normal elimination pathways.

MOVEMENT & BODY COMPOSITION

Supports metabolic health and healthy blood sugar regulation.

QUALITY SLEEP

Supports the recovery your metabolic systems depend on.

LIMITING UNNECESSARY EXPOSURES

Reduces the ongoing load your liver has to process.

MEDICATION REVIEW & ALCOHOL

Discuss medications with your clinician, and limit alcohol where appropriate.

This isn't a claim that constipation causes toxins to recirculate. The point is more measured: healthy digestion, bile movement, adequate fiber, hydration, and regular bowel function are all part of normal digestive and elimination physiology.

"Processing is only part of the story. Elimination matters too."

YOUR NEXT STEP

Explore The Liver + Gallbladder Community Plan

This is a toolbox, not a checklist. I've organized the options discussed in this guide into one Fullscript Community Plan so you can explore them, understand what each one does, and choose based on the purpose you're actually trying to serve — not buy everything at once.

A REMINDER BEFORE YOU CLICK

Choose TUDCA or Liver GB+, not automatically both. Add Milk Thistle, NAC, minerals, LiverSauce, or Berberine only when they serve a specific purpose. None of these treat liver or gallbladder disease, and none replace medical care.

EXPLORE MY LIVER + GALLBLADDER SUPPORT OPTIONS

Opens my Liver + Gallbladder Community Plan on Fullscript

Have abnormal liver enzymes, known gallstones, or complex medication use? Individual assessment may be more appropriate than simply selecting supplements.

BOOK A HEALTH ASSESSMENT

"Don't build a bigger liver stack. Build a smarter one."

This guide is for educational purposes only and is not medical advice, diagnosis, or treatment. It does not diagnose or treat liver or gallbladder disease, and does not claim that any supplement dissolves gallstones, regenerates the liver, or replaces medical care. If you have known gallstones or gallbladder disease, consult your physician before using any product intended to influence bile flow. Individual needs vary and should be personalized with the guidance of an appropriate licensed healthcare professional.