

Livton Complex

Digestive Liver Support

Indications

- Insufficient gallbladder and liver function, dyspepsia
- Gallbladder disorders
- Loss of appetite, flatulence, nausea, intestinal bloating, constipation
- Skin and gastrointestinal disorders associated with reduced or disordered digestive liver function

Dosage

Acute	Chronic	Prophylactic
1 tablet 3 to 4 times daily	1 tablet 3 times daily	1 tablet 2 times daily

Cautions and Contraindications: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Contraindicated in the closure of the gallbladder. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements. Use only with professional supervision in gallstones

Doctor Commentary and Anecdotes

- The major indication for Livton Complex is to support and improve the digestive capacity of the liver such as bile production, and I use it a lot in my clinic for this reason. It works very well. It is also indicated for many gallbladder problems
- In many cases of constipation Livton Complex is enough to remedy the problem. This is because bile is a natural laxative and often the constipation can be due solely to reduced bile production and flow. In more severe cases I often prescribe Livton Complex in combination with Colax tablets
- Livton Complex tablets are very effective in patients with sluggish liver function, particularly in those with a history of drug or alcohol use
- A 63 year old woman had several acute attacks of gall colic over a 4 week period. She didn't want surgery although she was advised to have it. She was put on 6 Livton Complex a day and after one month reduced to 3 tablets a day. She watched her diet, reduced her fat intake and has had no attacks since. Livton Complex works quite well in alleviating gall colic and reducing the need for surgery if the individual so chooses

Synergistic Products

- **Colax tablets** - to assist with constipation
- **DiGest tablets** - for further digestive support, especially to strengthen and tone the whole upper digestive system by stimulating appetite and increasing digestive secretions
- **Silymarin tablets** - to provide additional liver support
- **DermaCo tablets** - for skin conditions