

LGB-Purity (Item # 6201)
The Liver, Gallbladder, Bowel and Blood Opti-Blend
AKA: "The Whole Body Cleanse"

Recommended as a Twice a Year Protocol

Universal Formulas' Opti-Blend "LGB-Purity" is an effective whole-body cleansing program that targets the organs of elimination. It is specifically formulated to assist the body in recovering a healthy new beginning through detoxification as it cleanses the organs. LGB-Purity can give your body the fresh clean feeling you desire. Other effects of LGB-Purity that you may experience are:

- ✓ Loss of 5 to 15 lbs in the first days of this program;
- ✓ Softer and clearer skin, softer and shinier hair and faster-growing and stronger fingernails;
- ✓ Fresher breath and better overall oral hygiene;
- ✓ More energy and dissipation of the general tired, faded feeling;
- ✓ More efficient and effective absorption of nutrients.

Individuals who would benefit from a Liver, Gallbladder, Bowel and Blood cleanse often times are challenged with one or more of the following:

- ✓ Rapid weight gain;
- ✓ Blood sugar issues;
- ✓ Sexual Dysfunction;
- ✓ Un-natural collection of fat in body tissues due to a lack of the fat-digesting enzyme, lipase;
- ✓ Various digestive disturbances including but not limited to: gas, bloating, bad breath, heart-burn, colitis, irritable bowel, constipation and a feeling of "sluggishness;"
- ✓ Poor blood quality resulting in poor cellular oxygenation, characterized by pasty complexion;
- ✓ Impaired nutrient absorption due to liver congestion;
- ✓ Gall Bladder malfunction and gallstone formation;
- ✓ Parasites in the spleen, gallbladder or liver;
- ✓ Fits of rage and anger that are excessive... due to liver and gallbladder trouble;
- ✓ Thyroid malfunctions, which are often caused by liver problems.

The liver is the second largest organ in the human body and the only organ that can regenerate itself when it is damaged. This unique feature is important because the liver must process every nutrient, toxin, drug, and substance entering the body through the intestines, lungs or skin. In addition to its detoxification duties, the liver helps regulate blood sugar and plays a major role in the metabolism of hormones, carbohydrates, proteins and fats. The liver aids digestion, stores vitamins and secretes bile that is stored in the gallbladder for digesting fats.

Your Liver is Under Attack!

Our bodies require a strong healthy liver to neutralize harmful agents, such as the increased amounts of toxic elements in our air, water and food. For example, many prescription and over-the-counter drugs can have a devastating effect on the liver, as can chronic viral infections such as Hepatitis C. An over-indulgence in rich foods and alcohol also burdens the liver.

A damaged or diseased liver leaves us open to infections, compromises our digestion and saps us of vital energy. Accumulated toxins in the body place a constant strain on the immune system, setting the stage for autoimmune diseases and cancers. Liver disease patients sometimes enter into a hepatic (liver) coma due to the resulting build-up of metabolites in the brain and the inability of the liver to process proteins. For this reason, medical practitioners often recommend that their liver patients take digestive enzymes and nutrients to nourish the liver.

Anything that affects the liver ultimately affects the gallbladder. In turn, this will affect the ability of the bowels to absorb nutrients and eliminate wastes. These bowel toxins will migrate to the blood requiring the liver to cleanse even more waste from the blood than before. A vicious cycle of toxemia begins to develop until some form of disease eventually manifests.

Formulas that address Liver issues without simultaneously cleansing the gallbladder and detoxifying the bowel and blood will fall short in the final outcome. It is essential that these organs be cleansed altogether.

LGB-Purity contains herbs that do cleanse the gallbladder, bowel and blood in addition to addressing the liver! This powerful formula supports and enhances the health of all organs involved. The overall result is better health and an increased sense of well-being. Also, LGB-Purity contains ingredients that help restore the natural pH of the bloodstream and the entire digestive system.

"LGB-Purity" is a combination of ingredients not found in other whole elimination organ formulations, going beyond the liver to address the various causes of bio-toxemia.

Where other formulas fall short; LGB-Purity:

- ✓ Aids the liver in the production and secretion of vital digestive juices;
- ✓ Supports the liver in cleansing the blood of the pesticides, steroids, pharmaceuticals and additives that our bodies have been exposed to and absorbed;
- ✓ Steps up the ability of the liver to naturally expel the metabolic by-products and toxins produced from the regular functioning of our bodies;
- ✓ Helps to better balance the hormones. The liver has a profound effect on the hormonal system, helping to regulate and balance hormonal activity to ensure the proper functioning of our neurological system;
- ✓ Regulates bowel function and gently cleanses the colon;
- ✓ Increases absorption of all nutrients by increasing liver function;
- ✓ Soothes the Gall Bladder and helps regulate bile flow;
- ✓ Cleanses the Blood gently and safely;
- ✓ Includes Herbs that combat parasite activity in the liver;
- ✓ Is super-alkalizing.

Other helpful recommendations:

- ✓ Avoid heavily fattened foods and fried foods during this cleanse. Eliminate empty or concentrated carbohydrates (such as white sugar, corn syrup, honey and high fructose corn syrup);
- ✓ Eat fresh and raw complex carbohydrates (greens and grains, raw when available);
- ✓ All fresh fruit is good for the liver, especially low sugar fruits like strawberries, raspberries and blueberries;
- ✓ Minimize caffeine and alcohol; avoid hard liquor;
- ✓ Drink lemon and/or lime juice in temperate water upon waking;
- ✓ Decrease protein intake from animal sources;
- ✓ Practice deep breathing daily to oxygenate the liver.

Weight Scaled Dosage:

Take your weight-scaled dosage at least 30 minutes after each meal as follows:

90 – 120 lbs: AM 2 Caps; PM 2 Caps; Evening 1 Cap
120 – 150 lbs: AM 2 Caps; PM 2 Caps; Evening 2 Caps
150 – 180 lbs: AM 3 Caps; PM 2 Caps; Evening 2 Caps
180 – 210 lbs: AM 3 Caps; PM 3 Caps; Evening 2 Caps
210 plus lbs: AM 3 Caps; PM 3 Caps; Evening 3 Caps

**This is a highly effective formulation and we advise:
*Take this product for no longer than 30 days at a time.***

NOTE:

Thanks to Ralf Ostertag for his authorship of this factoid and formula. Ralf is a founding member of Universal Formulas and remains active on the Advisory Board to Universal Formulas.

Ordering Information

LGB Purity (Item #6201) is priced at only: \$63.00 for of 270 Vegi-Capsules
(complete 30 day regimen)

Conveniently Order On-line at: <http://UniversalFormulas.com/>

**Please DO NOT modify levels of any prescribed medication
without first consulting your physician.**

Required FDA Statement:

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.

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Ingredients Explained

Dandelion Root helps to stimulate bile flow and improve the symptoms of various liver diseases, including hepatitis.

Burdock Root acts as a powerful antioxidant and blood purifier. It is also good for gastrointestinal problems and is known to help restore liver and gallbladder function.

Licorice Root can help reduce injury to liver cells. It has been used in the treatment of cirrhosis and chronic hepatitis. Studies have shown that it can reduce liver enzymes and improve the symptoms of chronic hepatitis

Fringe Tree Bark a bile stimulant often used in hepatitis, cirrhosis, enlarged liver, jaundices as well as gall stones or inflammation. It also helps with liver detoxification in chronic illness and acts as a tonic to strengthen the spleen, pancreas and related, supporting organs. It is known to be a very useful herb for relieving constipation that is linked to a sluggish liver and gallbladder. This herb offers a liver tonic effect and it may also assist in regulating blood sugar levels.

Milk Thistle to help stabilize cell membranes and limit the number of poisons that enter the cell. Milk thistle also acts as an antioxidant, helping to repair liver cells as it assists the liver in producing new cells.

Bupleurum Herb (Chai Hu) is useful to the hepatic (liver and its ducts) system because of its ability to relieve liver tension and digestive disturbances and because its actions are detoxifying and anti-microbial. Bupleurum has the ability to clear stagnation, especially in the liver and the blood.

Uva-Ursi contains the antiseptic compound arbutin, which the body converts into a substance with proven astringent and bacteria-killing powers, insuring healthy bile and liver ducts.

Nettle's Leaf further enhances cleansing of toxins and wastes from the body. Nettles can relieve fluid retention, bladder infections, stones and gravel.

Cats Claw (*Uncaria tomentosa*) is common for a variety of conditions including abnormal growths, acute bone and joint disorders, liver strengthening properties, stomach ulcers, digestive disorders, skin irritation, Crohn's disease, gastric ulcers and tumors, parasites, colitis, gastritis, diverticulitis, leaky bowel syndrome and inflammation. It demonstrates cleansing properties and relaxes the nerves of the stomach, making it especially good for settling indigestion. By stimulating the immune system, cat's claw can improve response to viral and respiratory infection, while also aiding in more efficient nutrient absorption.

Rhubarb root has a truly cleansing action upon the gut, removing debris and adding an antiseptic property as well. It is also a "mild stimulating tonic" to the alimentary mucous membrane and liver and gall ducts, allowing thick and gluey mucus to exit the body.

Senna Leaf Offers a mild laxative effect and helps to gently purge the bowel of toxins.

Food Enzyme Complex aids the liver and gallbladder in the ability to process protein, carbohydrates and fats.

- ✓ **Lipase Enzymes** (fat-processing enzymes) comprise a large part of the enzyme complex in this formula, to aid the liver in ridding itself of the fat deposits associated with a sluggish liver and gallbladder. Excess fat in the liver plays a role in gallstone formation.
- ✓ **Protease Enzymes** aid in stripping away the protein coating around unwanted yeast, fungus, viruses, and bacterium that have collected in the body, allowing oxygen and nutrients to enter the cells more efficiently.

- ✓ **Amylase Enzymes** breakdown undigested carbohydrates in the GI tract and bloodstream, which are otherwise food for a host of disease-producing yeast, fungi, viruses and bacterium.
- ✓ **Cellulase enzymes** cannot be produced by the body and can be obtained only from food sources (such as raw fruits, vegetables and whole grains) and/or enzyme supplementation. Cellulase enzymes digest soluble fiber and help boost immune response.

Tracite® fulvic trace minerals have been added to insure maximum absorption and to also aid the liver in its regeneration process. **Tracite®** is a proprietary blend of fulvic trace minerals which, when properly blended with enzymes, produces a "super" delivery system for the other nutrients in our formula. The fulvic acids in Tracite carry 60 times their own weight of nutrients, thereby delivering nutrients more effectively to the cells. Tracite also forms a moisture barrier that absorbs moisture away from the formula's ingredients. This protective moisture barrier enhances and prolongs the enzymatic and biotic activity that increases the blend's overall effectiveness.