



We care

Foods That Support Your Liver

A Guide To Liver-Boosting Superfoods



Nutritional Tips To Protect Your Liver Health

Here are some things to keep in mind the next time you go to a grocery store:¹



Choose fiber-rich foods



Avoid high-calorie sauces or added salt & sugars



Whole grains, fresh fruits, and vegetables



**Limit saturated
fat and trans fat**



**Cut back on
beverages and foods
with added sugars**



**Choose foods
with less sodium**

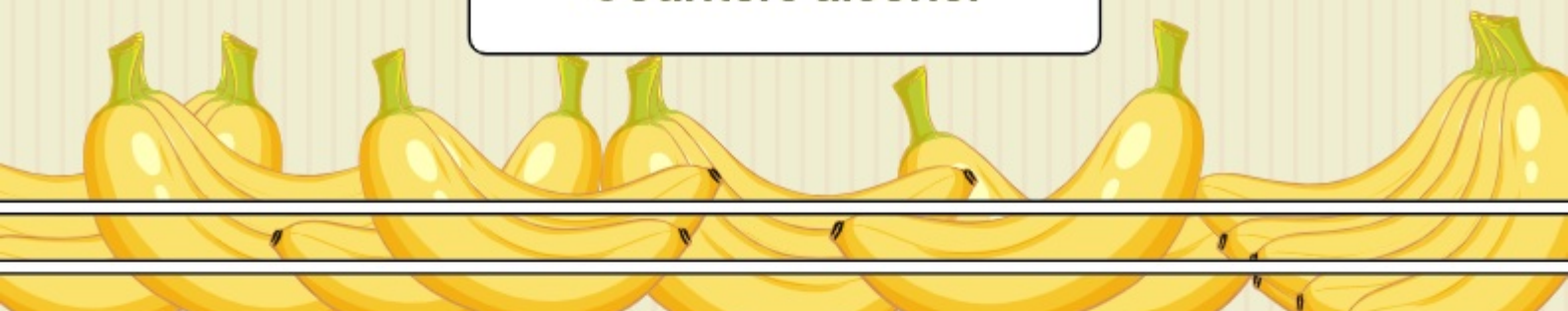
Foods That Are Good For The Liver

Here are some foods that help improve the functioning of our liver:²



Cabbage

Counters alcohol



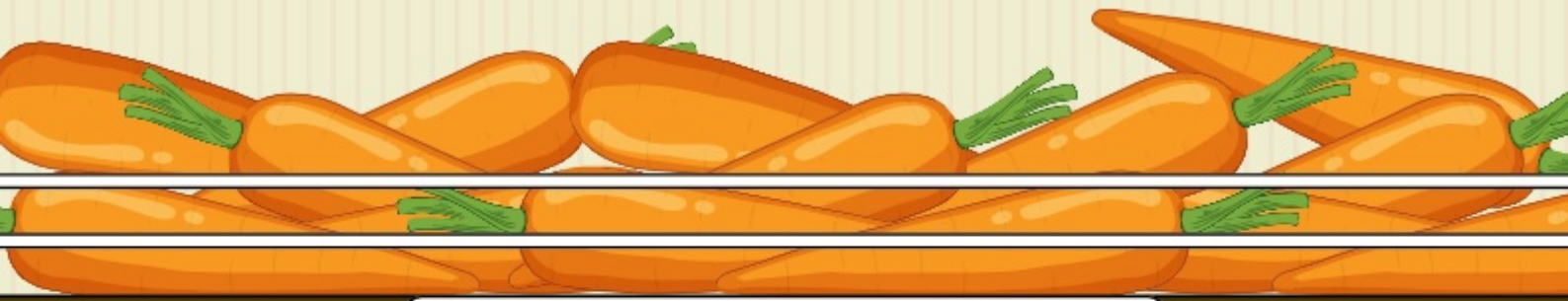
Banana

Relieves cirrhosis



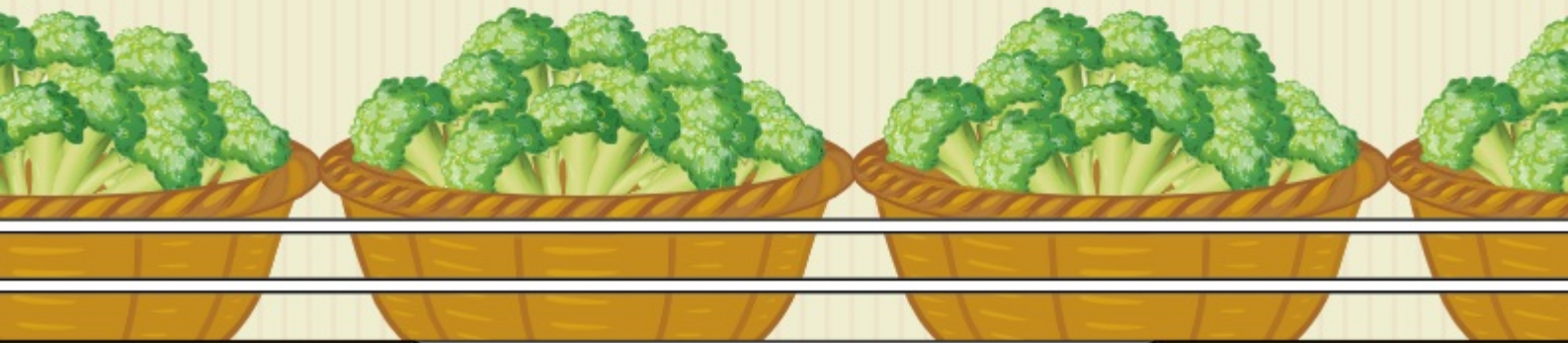
Lemon

Decreases liver damage



Carrot

Relieves oxidative stress



Broccoli

Protects against infections



Kale

**Lowers cholesterol and
prevents against Non-
Alcoholic Fatty Liver Diseases**

Foods To Prevent Alcohol-Related Liver Diseases



Papaya

- Antioxidative activity
- Relieves oxidative stress



Barley

- Anti-fatty liver action



Oat

- Antioxidative activity
- Relieves oxidative stress



Wheat

- Increases lipid metabolism
- Boosts liver function

Improve your liver health using **Livolin Forte.**



References

1. Liver Disease Diets Available at <https://liverfoundation.org/for-patients/about-the-liver/health-wellness/nutrition/>
2. Guan YS, He Q. Plants Consumption and Liver Health. Evid Based Complement Alternat Med.;2015:824185.

