



WORLD LIVER DAY

19th April 2026

**SOLID HABITS
STRONG LIVER**

2 million lives are lost each year due to liver disease

1.5 billion people live with chronic liver disease worldwide

90% of cases are preventable with better policies and healthier lifestyles

Small daily steps can help prevent or even reverse liver disease.

Up to 90% of liver disease is preventable

Healthy lifestyle changes can reduce liver disease risk by up to 50%.



Balanced Diet

Fuel your liver with fruits, vegetables, whole grains, and healthy fats—cut down on ultra-processed foods and added sugar. Small meal changes can help prevent liver disease.



Reducing Alcohol

Alcohol can cause serious and lasting damage to your liver. There is no safe level of alcohol consumption. Cutting back, or stopping altogether are powerful steps towards prevention.



Physical Activity

Move more to reduce liver fat and improve health—even without weight loss. Every step counts and helps protect your liver.



Regular Health Checkup

Liver disease can be silent—regular check-ups help detect problems early and protect your liver.

References: <https://worldliverday.org/2026>

Makers of

LIVOLIN
Forte

ENAT 400
Natural Vitamin E

URSOLIV 250
Ursodeoxycholic acid 250 mg

Disclaimer: This information is for educational purposes only and does not replace medical advice. Consult a healthcare professional for medical decisions.

MEGA We care