

Bile Movers™



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Bile Movers™ provides nutritional support for the production and proper flow of bile, with the effect of improved detoxification of fat-soluble toxins while enhancing the absorption of fat-soluble nutrients. This impactful formula contains hepatoprotective nutrients targeted to combat the damaging effects of exposure to a damp or water-damaged building.

Bile is an important part of mold recovery, in that most people exposed to a damp or mold-infested building will have been exposed to mold mycotoxins in the process. The aspect that makes mold mycotoxins unique is that they are lipid soluble. This allows for absorption into cell membranes, and further yet into the cytoplasm, without requiring a carrier protein or toll-like receptor. This is how mycotoxins can bioaccumulate in tissues and membranes, and affect mitochondrial function – by affecting the membranes first and foremost.

Supplement Facts			
Serving Size 3 capsules Servings Per Container 30			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Mixed Carotenoids)	1500 mcg RAE 167%	Taurine	100 mg *
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5 mg 294%	Inositol	100 mg *
Vitamin B-12 (as Methylcobalamin)	15 mcg 625%	Ox Bile	75 mg *
L-Methionine	150 mg *	Artichoke Extract (<i>Cynara scolymus</i>)(leaf) [standardized to contain 5% cynarin]	75 mg *
Milk Thistle Extract (<i>Silybum marianum</i>)(seed) [standardized to contain 80% silymarin]	150 mg *	Beet Powder (<i>Beta vulgaris L.</i>)(tuber)	50 mg *
			*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, cellulose (vegetarian capsule), sunflower lecithin, vegetable stearate.
Contains animal products. Not a vegan product.

Bile is the body's inherent mechanism to detoxify lipid- soluble toxins and toxicants. Historically, we encountered very few toxins in our daily lives, the result being that humans are very efficient bile recyclers, preserving up to 93% of our bile. Unfortunately, in our toxic times, this works against us. Our once-brilliant design evolved in order to store fat-soluble nutrients that are not available year-round, to be drawn from in seasons of scarcity – like a biochemical savings account. But this process works against us in our toxic day and age, as lipid-soluble toxins are carried back to the liver to be reprocessed, over and over again, until one day they finally make it past the revolving door and finally get excreted. Meanwhile, the organs of detoxification had to process that single toxin multiple times, creating a multiplicity effect.

This is where binders come in. Binders interrupt the reabsorption of bile, so that it's excreted in waste to allow for fresh, new, clean bile to take its place, so long as the raw materials are available to do so. If the raw materials are not available to make fresh new bile, the process is stalled out, and often, stalled bowel movements follow suit.

Bile Movers™ was formulated to support the making and moving of fresh clean bile and biliary acids to allow for the exchange of mycotoxin-laden bile for refreshed and newly formed bile. This formulation is particularly beneficial for those who are either missing their gall bladder, or have sluggish gall bladder function.

Recommended Use

Take one capsule two times daily with largest meals, or as directed by a health care practitioner. One capsule may be taken up to three times daily with meals as digestively tolerated. Does not contain gluten, dairy, or GMOs.

L-Methionine

A number of mold mycotoxins cause intestinal injury with mechanisms ranging from microbiome dysregulation and inflammation to inducing apoptosis of the enterocytes. L-Methionine is an essential amino acid. Animal models show that it improves the jejunal structure and barrier integrity, eliminating mycotoxin-induced injury to the enterocyte through a protective action on the enterocyte stem cells.

Some mold mycotoxins target methionine-based detoxification enzymes, preventing their clearance. Animal models indicate a protective role of supplemental L-Methionine.

Milk Thistle (standardized to contain 80% silymarin)

Milk Thistle (*Silybum marianum*) has hepatoprotective, cardioprotective, neuroprotective, anti-inflammatory and anti-carcinogenic activities. It's broadly protective against molds, mold chemicals, and mycotoxins with the main protective effects being attributed to radical scavenging, anti-oxidative, chelating, anti-apoptotic properties, and regulating the inflammatory responses.

The active component of Milk thistle, Silibinin, displayed protective effects against combinations of mycotoxins, as found in many damp and water-damaged buildings, in cell studies, showing significant cytoprotective and genoprotective effects.

Taurine

Taurine is one of the amino acid conjugates of bile acids. Mold treatment often involves the use of binders, which bind bile and enhance its excretion, which can leave a mold-affected patient depleted in this necessary detoxification component.

Taurine is an osmoregulator, affecting homeostasis. When depleted, patients may experience symptoms of cellular dehydration and orthostatic dysregulation. It's also involved in retinal health, leading patients to experience visual disturbances when deficient.

Taurine alleviates renal and liver injury from mycotoxin exposure by inhibiting oxidative stress, mitochondrial dysfunction, apoptosis, and inflammation. Additionally, it prevents retinal injury from oxidative stress.

Inositol

Inositol is involved in cell growth and repair primarily through cell signal transduction in response to multiple factors. Mold mycotoxins impair the normal signaling by disrupting Inositol containing receptors, leading to a surprisingly diverse number of impairments. Negative effects include disruption of insulin-like activity in the liver, altering the function and metabolism of renal epithelial cells, and inhibition of cerebellar transduction thereby having tremorgenic effects, depending on the mycotoxin.

Provides nutritional support for the production and proper flow of bile.
Enhances absorption of fat-soluble nutrients.
Contains hepatoprotective nutrients.

Ox Bile

Mold mycotoxins impair biliary function through multiple mechanisms, often affecting bile acid intestinal kinetics. In pediatric studies, biliary atresia has been linked to congenital aflatoxicosis, causing massive damage, resulting in inflammation, adhesions, fibrosis, bile duct proliferation, scarring, cholestasis, focal syncytial giant cell transformation, and typical immune infiltration.

Throughout history, Ox Bile has been used to supplement the necessary bile acids, steroidal detergent-like molecules, and membrane lipids such as unesterified cholesterol and mixed phosphatidylcholines, as well as lipopigments derived from heme, principally bilirubin glucuronides.

Artichoke Leaf Extract (standardized to contain 5% cynarin)

Artichoke leaf (*Cynara scolymus*) is both hepatoprotective and nephroprotective. In animal models, Artichoke counteracts the adverse hepatotoxic effects of mold mycotoxin exposure by normalizing oxidative stress, reducing the production of free radicals, and counteracting the increases in liver function enzymes seen with mycotoxin exposure.

Artichoke leaf has been reported to attenuate neurotoxic effects of mycotoxins in animal models, significantly reduced neurotoxicity as evidenced by changes in lipid profiles, availability of glucose and concentrations of insulin, oxidative stress, increased activities of cholinergic enzymes, and a decrease in activities of several antioxidant enzymes and pathological changes in brain tissue.

Beet Powder

Beet root (*Beta vulgaris*) has emerged as a promising therapeutic treatment in a range of clinical pathologies associated with oxidative stress and inflammation, such as atherosclerosis and hypertension. Most notably the betalain glycosidic pigments display potent antioxidant, anti-inflammatory, and chemopreventive activity.

“As a source of nitrate, beetroot ingestion provides a natural means of increasing in vivo nitric oxide (NO) availability and has emerged as a potential strategy to prevent and manage pathologies associated with diminished NO bioavailability, notably hypertension and endothelial function.”

Considerations and Cautions



While Bile Movers™ is beneficial for detoxification support, this formula can also aid in fat digestion and improve absorption of fat-soluble vitamins. It is well suited for patients desiring to improve liver or gallbladder function, those with inability to handle fatty foods and those with bloating, gas, GI distress. Improvement of biliary function and digestion may also improve skin conditions.

Bile Movers™ may be taken by patients without a gallbladder in order to assist with digestion of fatty foods.

This product should be avoided by patients experiencing acute upper abdominal pain or who are known to have a bile duct obstruction.

For more information about Alight Health Formulas™, email contact@alighthealthformulas.com

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