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Liver Complex OPC

Data Sheet

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Liver Complex OPC



Plant-based support for your liver

Supports liver function with milk thistle, artichoke, choline & OPC

Due to an unhealthy diet, alcohol, medication, or environmental toxins, the liver is heavily stressed.

Liver Complex has been specially developed to support the liver with high-quality plant extracts and micronutrients.

- Detoxification¹
- Promotes fat metabolism¹
- Supports digestion
- Bioactive Choline
- 100% plant-based

What is Liver Complex OPC?

The liver is one of the most important organs in the body, responsible for a wide range of vital functions. It filters **toxins** from the blood, produces essential **proteins**, stores **vitamins and minerals**, and regulates **hormone levels**. It also plays a key role in **fat metabolism** and **digestion** by controlling **bile production**.

However, an unhealthy diet, alcohol, medication, or environmental toxins can place significant stress on the liver. An overburdened liver may lead to symptoms such as **fatigue, digestive issues, or a sluggish metabolism**. Liver Complex was specifically developed to support the liver with **high-quality plant extracts like milk thistle and essential micronutrients**, promoting its natural ability to regenerate.

Why Liver Complex OPC from artgerecht?

- Supports natural detoxification – with milk thistle & artichoke¹
- Promotes fat metabolism – thanks to choline*
- Supports digestion – with dandelion root³
- Vitamins B6 & B12 for energy and cell protection
- Vegan & free from unnecessary additives

Scientific background to Liver Complex OPC?

Choline plays an essential role in **liver health**, particularly in fat metabolism and detoxification. It is a key component of phosphatidylcholine, a major constituent of cell membranes, and contributes to the formation of lipoproteins necessary for transporting fats out of the liver. A deficiency in choline can lead to fat accumulation in the liver, potentially resulting in non-alcoholic fatty liver disease (NAFLD).

In addition, choline supports **detoxification** by promoting the formation of S-adenosylmethionine, a critical molecule for methylation processes involved in breaking down toxins and hormones in the liver. As such, choline significantly contributes to the **maintenance of liver function** and the prevention of liver damage.

Frequently Asked Questions

What is Liver Complex?

Liver Complex is a high-quality dietary supplement with milk thistle, artichoke, dandelion, and choline that supports liver function and contributes to natural detoxification.

How does Liver Complex work?

The included plant extracts and vitamins promote liver health, support fat metabolism, and contribute to normal digestion. Choline specifically helps maintain normal liver function.

Who is this product suitable for?

Liver Complex is ideal for people who want to promote their liver health, optimize their metabolism, and support the body's natural detoxification process.

How is Liver Complex taken?

The recommended dosage is 2 capsules daily with 150 ml of water, preferably in the morning with breakfast.

Is Liver Complex vegan and free from artificial additives?

Yes, the product is vegan, GMO-free, and contains no artificial additives.¹

Can I take this product long-term?

Yes, the product can be used long-term to support liver health. Regular use can be beneficial.

Ingredients

Milk Thistle (*Silybum marianum*) seed extract, Dandelion (*Asteraceae Taraxacum*) root extract, LS-Choline bitartrate, Capsule (HPMC - Hydroxypropylmethylcellulose), Artichoke (*Cynara scolymus*) leaf extract, Grape (*Vitis vinifera*) seed extract OPC, Stabilizer (Gum arabic), Vitamin B6 (Pyridoxine hydrochloride), Folic acid (Pteroylmonoglutamic acid), Vitamin B12

(Methylcobalamin)

Content	Amount per 2 capsules NRV*	
Milk thistle extract	400 mg	-
- of which Silymarin min.	320 mg	-
Dandelion extract	250 mg	-
Artichoke extract	150 mg	-
- of which Cynarin min.	3.75 mg	-
Choline	82.5 mg	-
Grape extract	50 mg	-
- of which Proanthocyanidins min.	47.5 mg	-
Vitamin B6	2 mg	142%
Folic acid	250 µg	125%
Vitamin B12	5 µg	200%

Recommended intake

Take 2 capsules daily with 150 ml of water at breakfast.

Additional information

- SKU/MPN: 15111
- Content: 60 Capsules
- Net filling quantity: 38 g
- EAN/GTIN: 4260656120989
- PZN (DE): 19746475
- PZN (AT): 5948548
- Customs tariff number: 21069098
- Origin: SI
- Version: 16.04.2026



¹ Choline contributes to the maintenance of normal liver function and normal fat metabolism. ² Vitamin B6 contributes to normal energy metabolism. ³ Vitamin B12 contributes to the normal function of the nervous system.