

# Bile Builder

Supports adequate bile production and flow\*

Its critical role in digestion and detoxification is often overlooked, but bile is something you truly can't live without! Its primary job is to breakdown fats and eliminate toxic waste from the body.

If you're one of the millions of adults who've had their gallbladder removed, your bile flow is no longer regulated. Without controlled release of bile, your body isn't able to absorb critical fat soluble vitamins or essential fatty acids. Over time, this can lead to a number of serious health concerns including weight gain and hypothyroidism.

## Bile Builder's six key nutrients:

- **Choline**-Assists with fat digestion\*
- **Taurine**-Enhances the liver's production of bile to aid in fat digestion and absorption\*
- **Pancreatic Lipase**-Helps breakdown fats as a digestive enzyme\*
- **Ox Bile**-Provides essential bile salts for those with low bile production or without gallbladders\*
- **Collinsonia Root (stone root)**-A traditional herb used to remove gallstones and prevent constipation from bile salts\*
- **Beet Root**-Contains betaine to thin bile and help prevent formation of gallstones\*

*Boost bile...  
burn fat!*

## The detox connection:

Another important role that bile plays is in helping the liver flush out toxins. But, in order for this to happen, it has to be thin enough to flow efficiently through the bile ducts. The consistency of your bile is directly related to the quantity of toxins you can eliminate. Thick, congested bile can clog bile ducts and stop the detox process in its tracks. When toxins are stuck in your intestinal tract, they are reabsorbed, which can take a serious toll on organs and joints.

**Usage:** For adults, take one to two (1-2) capsules with each meal or as directed by a health care professional.



120 Capsules / 30-Day Supply

**“By the end of two weeks taking the Bile Builder I had lost 5 pounds! I am so happy to finally be losing the stubborn pounds.”†**

**-Vickie**



## Success Stories / Bile Builder

*“I had my gallbladder removed 7 years ago and have had digestive issues ever since, especially diarrhea. I have been to various doctors and tried different powders and pills. Nothing helped! Then, on my own, I tried some digestive enzymes. They seemed to work at times, but not always. I am feeling much better now that I have started Bile Builder. I always said that the gallbladder had a function. It was to produce bile, which helps us digest food. Thank you for getting this right!”†*

*-Pat G.*

*“Bile Builder is helping me keep my gallbladder!!! I was told it needed to come out January 29. Eight weeks later and I’ve had no more pain and still have my gallbladder. I feel great and am now at a point where I’m trying to add more things back into my diet. Still no problems! I’m a fan!”†*

*-Theresa W.*

*“I recently began taking Bile Builder after reading an informative article about how a body ceases to produce bile, which makes weight loss difficult. I had my gall bladder removed 40 years ago and have been struggling with weight loss and serious food cravings for decades. After using Bile Builder for just two weeks, my sugar and excess food cravings are pretty much gone and I definitely feel better every day. I recommend Bile Builder for anyone who had their gall bladder removed.”†*

*-Karen*

*“I had my gallbladder removed more than 10 years ago and each year felt more and more fatigued. I also had low thyroid hormone levels. I used to have more stamina and energy. I have been taking Bile Builder for almost 3 weeks and can actually feel the difference, I am no longer experiencing digestive discomfort, I have better mental clarity and definitely more energy. I wish I had found this product years ago.”†*

*-Mindy B.*

†Real life customer experience; individual results vary. Revised 8/12/16

## Take The Quiz!

### Signs of Bile Deficiency:

- Constipation
- Low thyroid
- Weight gain
- Nausea
- Bitter taste in mouth
- Fatigue
- Sciatica-like pain
- Ringing sounds in the ears
- Light colored stools
- Insomnia
- Sluggish digestion
- Headaches

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 60

	Amount Per Serving	% DV†
Choline (as Choline Bitartrate)	500 mg	91%
Lipase Enzyme (1,500 USP)	24 mg	††
Taurine	250 mg	††
Ox Bile Extract	100 mg	††
Beet Root Powder (root) ( <i>Beta vulgaris</i> )	100 mg	††
Stoneroot Powder (root) ( <i>Collinsonia canadensis</i> )	60 mg	††

† Percent Daily Values (DV) are based on a 2,000 calorie diet.  
†† Daily Value (DV) not established.

19-01 71029 Rev. 2