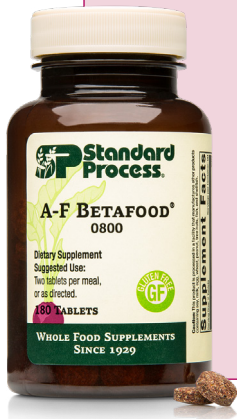




**METABOLISM  
SUPPORT**



**Features of A-F Betafood:**

- Supports normal processing of dietary fats for supporting cholesterol metabolism\*
- Supports healthy bowel functioning
- Supports bile production in the liver and healthy bile flow in the gallbladder
- Helps maintain healthy levels of fat in the liver
- Excellent source of vitamin A and iodine, and a good source of vitamin B6\*

## Gallbladder Support

The gallbladder is a storage location for the bile that's produced by the liver. Bile plays a key role in fat digestion and removal of waste from the body. Concerns of the gallbladder affect 20-25 million Americans.<sup>1</sup>

### Beet (Root) and Beet Leaf

Beets contain betalains and betaine, which are two phytonutrients that have been linked to various health benefits. Betalains are water-soluble, nitrogen-containing pigments,<sup>2</sup> and betaine is an N-methylated amino acid.<sup>3</sup> Betalains are natural antioxidants<sup>4,5</sup> found in certain plants including red beets.<sup>6</sup> They have been shown to support antioxidant activity,<sup>4,5</sup> as demonstrated by emerging research on betanin's (a major betalain compound) ability to inhibit lipid peroxidation.<sup>5</sup> Additional research has also shown that betanin may bind to circulating LDL and protect it against oxidation as demonstrated in an ex vivo-induced oxidation study.<sup>6</sup>

## NOTES

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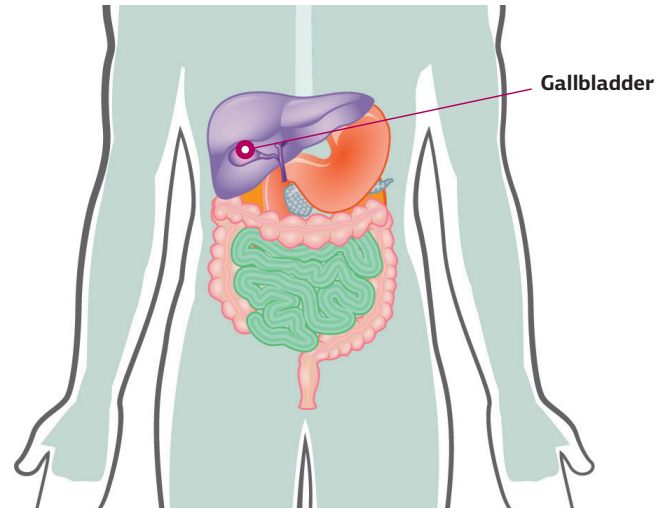


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**DOSAGE** AM

PM

**FIGURE 1.** A-F Betafood has action in the gallbladder



## Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 90 or 180

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Total Sugars	<1 g	†
Vitamin A	450 mcg RAE	50%
Vitamin B6	0.3 mg	18%
Iodine	40 mcg	27%
Proprietary Blend	550 mg	†

Organic beet (root), carrot (root), organic sweet potato, oat flour, organic dried swiss chard (beet leaf) juice, calcium lactate, rice (bran), magnesium citrate, bovine liver, bovine prostate, nutritional yeast, bovine kidney, organic alfalfa (aerial parts), organic flaxseed oil, bovine orchic extract, bovine liver fat extract, d-alpha tocopherol (vitamin E sunflower), and sunflower lecithin.

\*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily Value not established.

Other Ingredients: Honey, arabic gum, starch, calcium stearate, vitamin A palmitate, prolamine iodine (zein), ascorbic acid, and pyridoxine hydrochloride.

## Available Sizes:

- A-F Betafood 90 Capsules
- A-F Betafood 360 Tablets

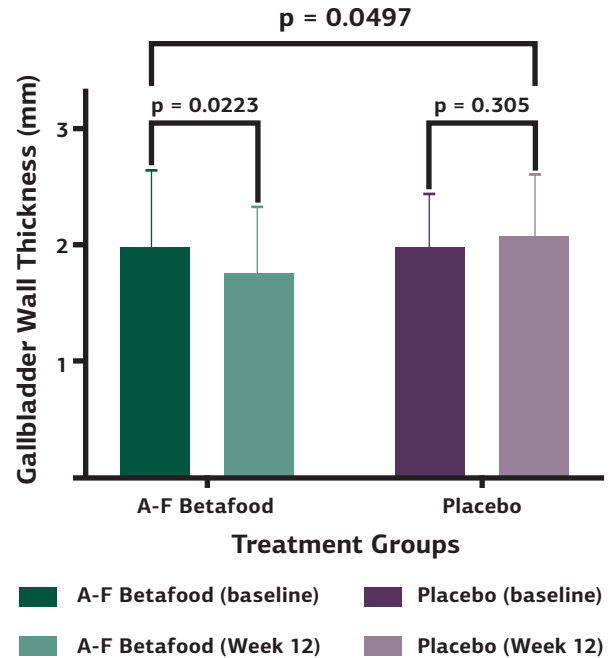
*Please consult the actual product label for the most accurate product information*

## A-F Betafood's Role in Gallbladder Health

Gallbladder wall thickness may be an indicator of the overall health of the gallbladder, and wall thickening may be an indication of gastrointestinal and liver concerns.<sup>7,8</sup> In a randomized, double-blind, placebo-controlled study, 42 healthy adults completed a study with A-F Betafood for 12 weeks.<sup>9</sup> The change in gallbladder wall thickness from baseline to week 12 differed significantly between groups ( $p = 0.0497$ ) with a decrease in thickness observed in the A-F Betafood group after the 12-week supplementation. This study suggests that A-F Betafood improves gallbladder function in adults who are at risk of gallbladder insufficiency.<sup>9</sup>

**FIGURE 2.**

Mean gallbladder wall thickness (mm) at baseline and after a 12-week supplementation with A-F Betafood or placebo (ITT population,  $n = 42$ )<sup>9</sup>



## Additional Metabolism Support:

• Cyruta® Plus • Olprima™ EPA • Olprima™ EPA|DHA

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