

Treatment of Gallbladder Dysfunction

TREATMENT/PREVENTION OF GALLBLADDER DYSFUNCTION

- Weight loss
- Increase physical activity
- Paleo (gluten-free) diet
- Discontinue drugs that harm gallbladder
- Address underlying conditions

SUPPLEMENTS AND BOTANICALS FOR GALLBLADDER DYSFUNCTION

- Bitters: Help with bile synthesis and metabolism
- Other botanicals: Help with bile synthesis and metabolism
- Phosphatidylcholine: Prevents and possibly dissolves gallstones
- Vitamin C: Prevents gallstones
- Rowachol: May dissolve gallstones
- Ox bile / bile salts: Act as “bile replacement”

SPECIFIC RECOMMENDED PRODUCTS

- BileMin by Apex Energetics
- Stone Free by Planetary Herbals
- Digestive Bitters by Herb Pharm
- Rowachol by Rowa
- Phosphatidylcholine by BodyBio or Integrative Therapeutics
- Bile Acid Factors by Jarrow