

## News Release

### For Immediate Release

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### CELEBRATE ST. PATRICK'S DAY IN A HEALTHY WAY

Regenerate and Support the Largest Gland in your Body with LiverVital™!

(Foster City, CA) On a holiday that turns everyone into an Irishman, it's easy to ignore or forget about the long term effects of alcohol consumption. But do we know or understand the relationship between alcohol and the liver? According to the American Liver Foundation, 4 out of 5 adults in the United States believe that alcohol abuse is the leading cause of liver disease, which shows that most Americans think that if they are not heavy drinkers they will maintain healthy livers. The largely misunderstood fact is that nutrition and a balanced diet are vital in maintaining and promoting liver function and health. **HealthAid America** has developed a new, innovative supplement, **LiverVital™**, designed to promote a healthy liver by aiding in cleansing and purifying the blood that enters the liver while supporting overall liver function.

The liver is the largest glandular organ of the body and has over 500 functions to keep the entire body working optimally.<sup>1</sup> **LiverVital™** is a great way to support the liver despite all of the hardships we put our bodies through. "The liver is the bodies anti-pollution organ, it is in charge of removing all the possibly harmful toxins we ingest each day," says Nitesh Khakhar, President of HealthAid America. "Many people overlook the liver and don't realize that maintaining normal liver health impacts how we feel on a daily basis, including helping us maintain good energy levels and digestion."

Milk Thistle, one of the main ingredients in **LiverVital™**, has been used for over 2,000 years by to promote normal liver health. It is high in a compound known as silymarin which can be very in people with cirrhosis. Clinical trials have shown silymarin protects liver cells against oxidative people with alcohol-related liver disease.<sup>2</sup> **LiverVital™** combines milk thistle with dandelion, turmeric, artichoke, taurine and other herbs to optimal health for the liver.



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<sup>1</sup> <http://pubs.niaaa.nih.gov/publications/aa64/aa64.htm> "National Institute on Alcohol Abuse and Alcoholism"

<sup>2</sup> [www.liverfoundation.org/db/articles/1009](http://www.liverfoundation.org/db/articles/1009) "What are the Myths Vs. Facts about the Liver?"

It's no mystery, as to why we feel so awful after a night of partying and heavy drinking. An alcohol hangover is associated with a variety of symptoms which vary from person to person, and occasion to occasion. When alcohol is consumed the liver is put to the test, prevent the long term effects of alcohol by caring for your liver with a healthy and consistent diet. **LiverVital™** is an all natural, high-quality supplement that helps the liver refine and detoxify everything we eat, breathe, and absorb through the skin. Taken daily, LiverVital™ can help promote liver health and function.

With offices in California since 1992, HealthAid America, makers of **LiverVital™** and many other high-quality, innovative natural supplements, strives to provide a range of products that are carefully researched and nutritionally balanced to help supplement the many and varied needs of the whole community.

For more information on **LiverVital™** and other HealthAid America products, visit [www.healthaidamerica.com](http://www.healthaidamerica.com) or call (800) 320-5699. HealthAid America is located at 1155 Chess Drive, Ste. 124, Foster City, CA 94404. Or contact Rose Bardin of Christie Communications at (805) 962-1347 or by email at [rbardin@christiecomm.com](mailto:rbardin@christiecomm.com).

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