

# LOOK AT THE BENEFITS OF EATING JUST 3 OZ. OF LIVER



## Heart Health

Excellent source of vitamin B12 (1199% DV), folate (70% DV) and B6 (39% DV) which all work together to convert potentially hazardous homocysteine into benign particles to lower risk of heart attack and stroke.

Excellent source of B2, riboflavin (143% DV), which is needed to convert B6 to its active form. Without this synergistic micronutrient the homocysteine levels could not be lowered.

B2 is also required to regenerate glutathione, which is a powerful antioxidant that protects cholesterol from free-radical attacks.

Excellent source of B3, niacin (56% DV), which is effective in lowering LDL cholesterol levels and triglycerides and increasing HDL.

## Boosts Immunity

Excellent source of vitamin A (1200% DV) which is required by the epithelium layer of cells throughout the body to fight infection, allergy and toxins.

Excellent source of zinc (64% DV), which works to activate serum thymic factor, a thymus hormone with immunity enhancing actions and inhibits the replication of viruses, including the common cold.

Excellent source of vitamin C (44% DV). This antioxidant is vital to the immune system.



## Better Bones & Joints

Excellent source of copper (635% DV) which is essential for the enzyme, lysyl oxidase, for flexibility of bones and joints.



Excellent source of zinc (64% DV). Low levels of zinc have been associated with osteoporosis at the spine and hip.

## Fight Cancer

Excellent source of selenium (62% DV). Studies out of the Arizona Cancer Center and Cornell University determined that total cancer mortality was reduced by 50 percent in those taking 200 mcg of selenium daily. The risk of prostate cancer was reduced by as much as 74 percent, colorectal cancer by 58 percent, and lung cancer by 48 percent.

Selenium works to inhibit the growth of cancer cells, bring about DNA repair and to cause the destruction of worn out or abnormal cells.

Created by Calton Nutrition

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