

# FATTY LIVER DISEASE



## Fatty liver

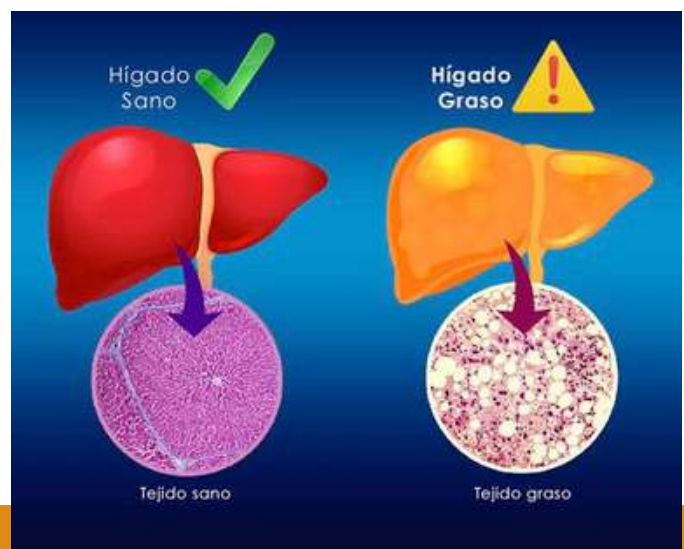
Fatty liver disease is a condition in which fat accumulates in the liver.

Usually, the liver contains some fat, however, if there is more than 5% fat, it is called fatty liver disease.

The cause of this disease is not entirely clear, however, genetics, diet, the digestive system and some health conditions may play a role.

### 2 types of fatty liver disease:

- Non-alcoholic fatty liver disease (NAFLD)
- Alcoholic fatty liver disease (AGFLD)





## Meet one of our products that can benefit you...

COMPLEX is a metabolic line nutraceutical that being a potent antioxidant helps you protect liver cells, improve liver enzyme levels and reduce fat.

One of its main benefits is that it cleanses the fatty liver and lowers cholesterol and triglyceride levels, which contribute to NAFLD.



## Treatment

- For NASH, doctors recommend losing weight, which can reduce fat, inflammation and fibrosis in the liver. Also, a change in lifestyle should be made, it is recommended to exercise frequently and have a healthy diet, limiting salt, saturated fats and sugars.
- On the other hand we have EHGA, this is treated by giving up alcohol completely and with certain medications. A healthy diet and exercise are also recommended.