

## TUDCA MAX - By LifeBlud

---

### TUDCA and Ox Bile Extract Capsules

Synthesized TUDCA, combined with **grass-fed** Ox Bile extract in a bovine gelatin capsule.

Tauroursodeoxycholic acid (TUDCA) is a water-soluble, conjugated **bile salt**. It is produced in the liver using cholesterol, deoxycholate (which is made in the intestine by bacteria and cholic acid), and the amino acid **Taurine**. Supplementing with TUDCA can **aid digestion, liver health and detoxification by increasing bile flow and clearing out sludgy bile**.

Third-party tested for purity.

**Each bottle contains:** 60 capsules

**Servings per container:** 30

**Each capsule contains:**

Tauroursodeoxycholic Acid (TUDCA): 250mg

Ox Bile Extract (45% Cholic Acid): 50mg

**Other ingredients:** Gelatin (bovine), NuFlow (rice hull).

### Benefits

- Liver support & detox\*
- Improved bile flow\*
- Improved fat digestion\*
- Increased fat-soluble vitamin absorption\*
- Supports gut health\*
- Aids in toxin elimination via bile\*
- Neuroprotective \*
- May assist in dissolving gallstones\*
- May improve liver and muscle insulin sensitivity\*
- May reduce elevated liver enzyme markers\*
- May lower cholesterol\*
- May reduce cholestasis \*
- May improve conditions of liver cirrhosis, fatty liver, and hepatitis\*

*\*These statements have not been evaluated by the Food and Drug Association or Health Canada. These products are not meant to diagnose, treat, cure, or prevent any diseases.*

## How to Take

Generally, the serving size should be taken on a relatively empty stomach. For some, this can be an hour or two after a meal. Some people may also fare better with taking it well **before** eating, for example first thing in the morning, 30+ minutes prior to breakfast. It can be split into 2 separate doses throughout the day if desired.

The reasoning for this is because bile salts are highly alkaline and are excreted into the intestine after our food has been acidified by stomach acid. The combination between the acidified food, and the alkaline bile salts are what create the digestion of food, fats, and absorption of vitamins (think of adding baking soda to vinegar). We want to wait to give the food enough time to be acidified, before adding in the alkaline bile salts. However, each person is different, and therefore we recommend each person find their optimal dosing and timing methods.

<https://lifeblud.co/blogs/research/what-is-tudca-and-what-does-it-do>