

TUDCA

ADLIFE



Vegan Friendly

| Promotes liver health

| Supports insulin sensitivity

| Increases bile flow

The research on Tauroursodeoxycholic acid continues to pick up pace. What we're looking at, here, is a simple yet powerful health supplement that can significantly enhance your results from your overall nutritional regimen. Regulating insulin levels, improving cell regeneration and enhancing overall gut health are benefits every athlete should be taking advantage of. It does this by increasing bile flow, helping to break down toxins and absorb vitamins and other helpful compounds in the body. Adding it to the AD LIFE range was a no-brainer, just like it should be to add it to your own routine.



JOE BINLEY
OWNER

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Tauroursodeoxycholic acid (aka TUDCA) is a bile salt found naturally in the body. TUDCA is water-soluble, allowing it to fight against a backlog of bile acids and harmful toxins that build up in the liver, thus protecting cells from death.

Not only does TUDCA allow you to maintain optimum liver health, but research shows it also has key implications for promoting gut health and increasing absorption.

In addition to this, TUDCA plays a key role in maintaining insulin sensitivity and promoting cell regeneration, vital for our overall well-being and longevity.

A 100% vegan-friendly formula, TUDCA can also enhance the synergy and absorption of other AD Supplements you're consuming.

Supplement Facts

Servings Per Container: 60

Serving Size: 1 Veggie Capsule

Amount per serving		%DV
Calcium (as carbonate)	20mg	2%
TUDCA (Tauroursodeoxycholic Acid)	250mg	**
Artichoke (Cynara scolymus) Leaf Extract	200mg	**
Choline Bitartrate	100mg	**
Ginger Root Extract	10mg	**
Bioperine® (Black pepper extract)(Piper nigrum, fruit) (standardized to minimum 95% piperine)	5mg	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value has not been established.