GB-40 Yuan Source
Supports Bile Production in the Liver and Bile Flow in the Gall Bladder
60 Veggie Capsules

Physica Energetics

Indications:
- Gallbladder Support
- Bloating and / or belching after meals / Heartburn
- Biliary (liver) tree congestion
- Helps healthily metabolize blood fats, sugars and proteins
- Chronic inflammation / joints, etc.
- Auto immune conditions
- Pancreatitis
- Parasites / Candida / H. pylori
- Mold, fungus
- Neuropathic/nerve pain
- Allergies
- Diabetes / Obesity
- Thyroid / Endocrine
- Multiple chemical sensitivity

Dosage:
1-2 capsules, 1-2X daily between meals ideally

Please consult with your Health Practitioner at all times before taking supplementation.

GB-40 Yuan Source is a highly specialized, uniquely balanced formula containing target enzymes European, Chinese, South American and Ayurvedic organic botanicals and bile salts to help support the health of the liver and gall bladder as well as assist with the emulsification and absorption of dietary fats. (“GB-40 Yuan Source” is a TCM acupuncture point which is considered by many to be a clearing, master, gall bladder acupuncture point.)

One of the liver’s main jobs is to make bile, an amazing 1 to 1½ quarts per day. The liver synthesizes bile and delivers it to the gall bladder through many tiny bile ducts. The gall bladder is the liver’s storage reservoir for bile. When you eat fat, the stomach signals the gall bladder that fat is on the way. The gall bladder in turn contracts, sending bile into the small intestine to emulsify the fats.

The mildest and most common symptom of gall bladder disease is intermittent pain called biliary colic, which occurs either in the mid or the right portion of the upper abdomen and/or back. Symptoms may be fairly non-specific.

Many people have “silent gall stones” that are often only discovered accidentally when they are being investigated for some other seemingly unrelated problem. With gall stones, much less cholesterol leaves the body because bile flow into the small intestine is needed to precipitate excess cholesterol from the blood. Reduced bile flow is associated with elevated cholesterol.

Bile is a key factor that naturally kills many pathogens, such as parasites, which commonly enter the digestive tract via food. If the bile flow weakens, the digestion becomes less efficient, paving the way for more infection.

Bile acids are made in the liver by the cytochrome P450 mediated oxidation of cholesterol (Liver Milieu helps facilitate). They are conjugated with taurine and glycine and are then stored in the gall bladder which concentrates the salts by removing the water. Bile salts and accompanying specific botanicals and enzymes serve to increase bile flow.

Gall stones are porous. They are breeding grounds for bacteria, cysts, viruses, yeast and parasites that are passing through the liver. Clusters of infection form, continuously burdening the body’s defense systems. The body cannot rid itself of these organisms without first purging sluggish and viscous bile. Many chronic digestive problems are difficult to clear permanently without eliminating gall stones, gall stone sludge and pathogens, from the liver and intestines.

Parasites are almost always present as well and will need to be eradicated for full gall bladder recovery (giardia, blastocytes, tapeworms, etc.). H. pylori has recently been observed in a high percentage of gall bladder challenges (including stones). This gastritis creating bacteria live in the stomach lining and flare up on intake of excess sugar or excess carbohydrates.

Ingredients (per 2 capsules):
- Chanca piedra (Phyllanthus niruri / Stone crusher) 250mg
- Gold Coin Grass (Jin Qian Cao / Lysimachia) 250mg
- Bile Salts (bovine) 85mg
- L-Taurine 200mg L-
- Glycine 50mg Lipase
- 30 USP 50mg Pepsin
- 1:10M 30mg

- Lecithin 100mg
- Tumeric (Curcuma longa) 100mg
- Bupleurum root (Bupleurun chinensis) 100mg
- Collinsonia (Collinsonia canadensis) 100 mg
- Wild Indigo leaf (Polygonum tinctorium) 50mg
- Beet root (Beta vulgaris) 50mg
- Black Radish root (Raphanus sativus) 50mg

Disclaimer: The commentary is not meant to diagnose, treat or replace conventional treatment, and has not been approved or reviewed by the FDA, Health Canada, BMS, European Union Health Commission, South and Central American regulation agencies etc.
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Synergistically Formulated Ingredients

**Chanca piedra (Phyllanthus niruri / stone crusher)** - "Rainforest" Chanca Piedra is believed to help stimulate the production of bile and to promote healthy liver and gall bladder function. It is also traditionally used to clear obstructions throughout the various internal organs of the body by promoting the elimination of mucus and stones. Traditionally it is also used as an anodyne (pain reliever), appetif (appetite stimulator), a digestive, carminative (helps gas to be expelled from stomach and intestines), and vermifuge (expels worms and other parasites from the intestinal tract), diuretic, and emmenagogue (stimulates menstrual flow).

**Gold Coin Grass (Jin Qian Cao / Lysimachia)** - In traditional Chinese medicine, Gold Coin Grass is often used to mash, "crush" and soften the stones so that they will come out gently, causing no side effects. As Gold Coin Grass doesn’t dissolve the stones, small pieces of the stone will stay present unless they are ‘flushed’ from the system. A gall bladder flush or increasing bile flow will move them out once they have been reduced in size and scope. Hence the other ingredients in the GB-40 Yuan Source formula.

**Bile Salts (bovine)** - Bile was the most important ingredient in medicine for the physicians of ancient Greece and Rome as yellow bile and black bile were half of the four humors (healing components) that they believed made up the body. Bile, also called gall, is a greenish yellow secretion that is produced in the liver and passed to the gall bladder for concentration, storage, or transport into the first region of the small intestine, the duodenum. Bile salts are composed of the salts of four different kinds of free bile acids (cholic, deoxycholic, chenodeoxycholic, and lithocholic acids); each of these acids may in turn combine (conjugate) with glycine or taurine to form more complex acids and salts. Bile salts and acids can be synthesized from cholesterol or extracted from the bloodstream by the liver. As they pass from the liver into the intestine they act as detergents to emulsify fat and reduce the surface tension on fat droplets to prepare them for the action of pancreatic and intestinal fat-splitting enzymes. When potentially pathogenic enteric bacteria were cultured in the presence of bile, then incubated with cultured human intestinal epithelial cells, fewer bacteria were internalized by intestinal cells. Therefore, exposure to bile salts during bacterial growth apparently decreases tissue invasiveness. Not everybody who has a gall bladder problem has a bile insufficiency.

**L-Taurine** - This derivative of cysteine is a highly charged compound. When it is conjugated to bile acids, it creates an even more polar region of the bile acid, thereby increasing its amphipathic (deterrgent-like) properties. As the substrate of phase II detoxification enzymes, taurine may become depleted in the liver when the supply is inadequate to meet metabolic needs. Taurine also helps balance and utilize calcium and magnesium as well as assisting in the production of bile. In addition to this role, taurine is considerably important in the cellular maintenance of liver cell function. As with the neurons and neuroglia of the brain, taurine exerts cyto-protective effects when hepatocytes are exposed to hypoxia. When conjugated with bile acids, taurine increases membrane mobility as well as fluidity. Without proper levels of taurine, the liver cells would be susceptible to osmotic changes and their membranes would become less permeable. The resulting impairment to the liver would significantly compromise its ability to purify the blood, allowing toxins to spill into the body.

**L-Glycine** - Before bile acids leave the liver, they are conjugated with either glycine or taurine. The carboxyl of glycine or the sulfate of taurine are fully ionized at physiologic pH, leading to lower pKa values, and are more effective detergents than bile acids. Bile salts, not acids, are found in the bile. Bacteria in the gut can remove glycine or taurine from bile salts, regenerating bile acids.

**Lecithin** - Lecithin reduces the cholesterol level by not allowing cholest erol to be absorbed by the intestines. It also helps the excretion of cholesterol in bile. Lecithin is an essential ingredient within bile.

**Tumeric (Curcuma longa)** - Tumeric contracts the gall bladder walls and increases the solubility of bile. Turmeric also inhibits many common problem types of fungi (useful for athlete's foot). It kills various parasites especially nematodes.

**Bupleurum root (Bupleurum chinensis)** - Bupleurum is one of the most important herbs in TCM, used for Qi (chi) stagnation of the liver and increasing bile flow.

**Collinsonia (Collinsonia canadensis)** - Stone Root is used often in the treatment and prevention of stone and gravel in the urinary system and the gall bladder. It can be used as a prophylactic but is also excellent when the body needs help passing stones or gravel.

**Wild Indigo leaf (Polygonum tinctorum)** - In traditional Chinese medicine, Indigo is considered salty and cold, and is associated with the Liver, Lung and Stomach meridians. It clears away heat, expels toxic substances, and protects the liver by purging it of fire.

**Beet root (Beta vulgaris)** - Assists in the production and thinning of bile viscosity and helps to flush the liver and gall bladder. Beets are an excellent source of betaine, which helps support a healthy liver and gall bladder function.

**Black Radish root (Raphanus sativus)** - Stimulates the flow of bile. It protects liver and gall bladder from infections and ulcers and soothes them. Black radish root is also ileo-cecal valve specific. It’s high sulphur content assists in Phase 1, Phase 2 liver detoxification conversions. Black radish restores the natural contractions of the gall bladder and the smooth muscle intestinal fibres.

**References:**


Chamberlin RS, Sapkal SV. A comprehensive review of single-incision laparoscopic surgery (SILS) and natural orifice transluminal endoscopic surgery (NOTES) techniques for cholecystectomy. J Gastrointest Surg. 2009 May 2 [Epub ahead of print].


According to a study published in The British Journal of General Practice 2004;54:574-79, it was found that having the gall bladder surgically removed (cholecystectomy) does not always relieve upper abdominal pain even in those with proven gall stones. After cholecystectomy, one third of the patients saw their doctor again with the same pain they had suffered prior to the surgery. After 12 months most of the patients who had a cholecystectomy were pain free, but still 63% of the patients who had kept their gall bladder!