

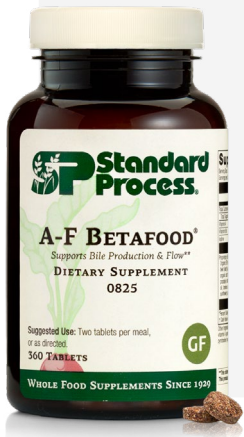
# A-F Betafood®

Available Sizes:

180 Tablets

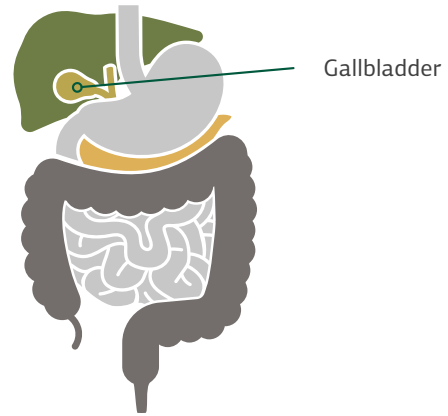
360 Tablets

METABOLISM  
SUPPORT



- Supports healthy bile flow in the gallbladder\*
- Support bile production and helps maintain healthy liver function\*
- Supports healthy lipid metabolism\*
- Supports healthy bowel functioning\*
- Contains a combination of key ingredients from Cataplex® A, Cataplex® F, and Betafood®
- Excellent source of antioxidant vitamin A and iodine
- Good source of vitamin B<sub>6</sub>

FIGURE 1: A-F Betafood® has action in the gallbladder

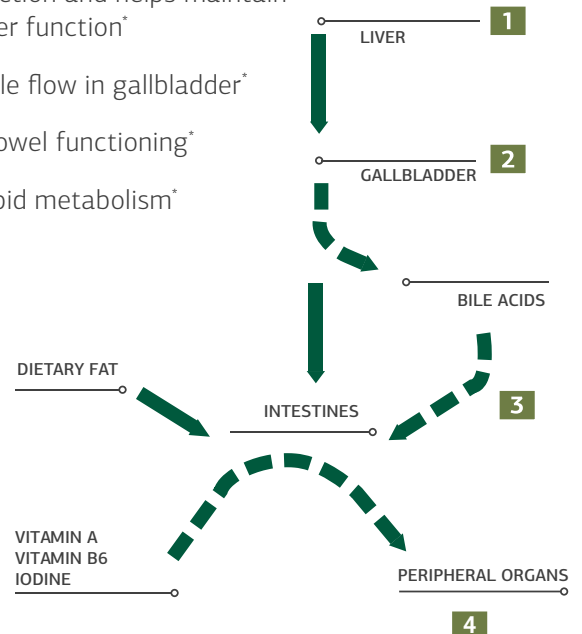


## Mechanisms of Action of A-F Betafood®

Vitamin A regulates bile acid synthesis in the liver<sup>2</sup> and supports normal hepatic health.<sup>3</sup> Vitamin A and derivatives are also important in many biological processes including immune system differentiation,<sup>4</sup> energy metabolism,<sup>4</sup> and lipid metabolism.<sup>5</sup> Vitamin B<sub>6</sub> supports fat metabolism through its role in beta-oxidation.<sup>6</sup> A-F Betafood® contains 50% of the daily value for Vitamin A.

### Areas where A-F Betafood® ingredients provide support:

1. Bile production and helps maintain healthy liver function\*
2. Healthy bile flow in gallbladder\*
3. Healthy bowel functioning\*
4. Healthy lipid metabolism\*



## Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 90 or 180

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Total Sugars	<1 g	†
Vitamin A	450 mcg RAE	50%
Vitamin B6	0.3 mg	18%
Iodine	40 mcg	27%
Proprietary Blend	550 mg	†
Organic SP beet blend (organic swiss chard juice powder, organic beet (root), organic beet (leaf) juice powder), organic beet (root), organic carrot, organic sweet potato, organic oat flour, calcium lactate, rice bran, magnesium citrate, bovine liver, bovine prostate, nutritional yeast, bovine kidney, organic alfalfa (aerial parts), organic flaxseed oil, bovine orchic extract, bovine liver fat extract, d-alpha tocopherol (vitamin E sunflower), and sunflower lecithin.		

\*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily Value not established.

Other Ingredients: Honey, acacia gum, modified corn starch, calcium stearate, vitamin A palmitate, prolamine iodine (zein), ascorbic acid, sucrose, and pyridoxine hydrochloride.

## Gallbladder Support

The gallbladder is a storage location for the bile that's produced by the liver. Bile plays a key role in fat digestion and removal of waste from the body. Concerns of the gallbladder affect 20-25 million Americans.<sup>1</sup>

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

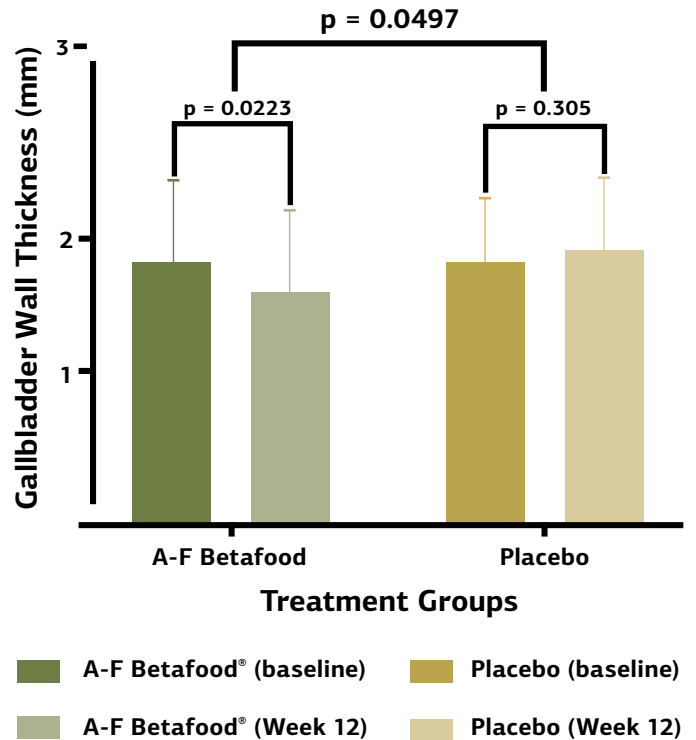
Standard Process products labeled as **Gluten-Free** have been tested to verify they meet the regulations associated with the United States Food and Drug Administration's gluten-free labeling.



## A-F Betafood®'s Role in Gallbladder Health

Gallbladder wall thickness may be an indicator of the overall health of the gallbladder, and wall thickening may be an indication of gastrointestinal and liver concerns.<sup>7,8</sup> In a randomized, double-blind, placebo-controlled study, 42 healthy adults completed a study with A-F Betafood® for 12 weeks.<sup>9</sup> The change in gallbladder wall thickness from baseline to week 12 differed significantly between groups ( $p = 0.0497$ ) with a decrease in thickness observed in the A-F Betafood® group after the 12-week supplementation. This study suggests that A-F Betafood® improves gallbladder function in adults who are at risk of gallbladder insufficiency.<sup>9</sup>

**FIGURE 2:** Mean gallbladder wall thickness (mm) at baseline and after a 12-week supplementation with A-F Betafood® or placebo (ITT population,  $n = 42$ ).<sup>9</sup> Significant change difference between groups due to a 9% decrease from baseline in A-F Betafood® group and an increase in the placebo group.



The **great majority** of the raw plant ingredients used in our products are grown on our organic and sustainable farm

**Freshly picked crops** are often processed within a day to maintain vital nutrients

We harvest more than **6.5 million** pounds of ingredients on our certified organic and sustainable farm

### Healthy Soil. Healthy Plants. Healthy Lives.

Standard Process is a family-owned company dedicated to making high-quality and nutrient-dense therapeutic supplements for three generations.

We apply a holistic approach to how we farm, manufacture and protect the quality of our products. This comprehensive strategy ensures that our clinical solutions deliver complex nutrients as nature intended. It's how we define the whole food health advantage.

#### REFERENCES

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