



Dr. Levy's

for the

Healthy GALLBLADDER Foods & Nutrients

Herbs	
Barberry	Garlic
Blue Flag	Gentian Root
Burdock	Ginger
Cardamom	Ginseng
Celandine	Hydrangea
Chamomile	Kelp
Chicory	Khella
Coptic	Parsley
Corn Silk	Peppermint
Culver's Root	Plantain
Dandelion	Rosemary
Fennel	Sarsaparilla
Fenugreek	Wild Yam
Fringe Tree	Wood Betony
	Yarrow

Phyto-Nutrients (& miscellaneous)
Alpha Mangostin *
Gamma Mangostin *
Carotenoids
Glucosinolates
Phenolic Acids
<i>(miscellaneous)</i>
Apple Cider Vinegar
Lecithin
Probiotics
<i>*Mangosteen Garcinia is nature's richest source for these phytonutrients!</i>

Legumes, Grains, Oils, Nuts & Seeds	
Legumes <ul style="list-style-type: none"> • Beans • Black Eyed Peas • Chickpeas • Red Lentils 	Grains (best if sprouted) <ul style="list-style-type: none"> • Barley • Oats • Oat Bran • Wheat Germ
Oils <ul style="list-style-type: none"> • Avocado Oil • Chia Seed Oil • Coconut Oil • EV Olive Oil • Hemp Oil 	Nuts & Seeds <ul style="list-style-type: none"> • Almonds • Cashews • Flax Seeds • Pumpkin Seeds • Walnuts

Vegetables
Asparagus
Black Radish
Broccoli
Carrots
Kale
Lettuce
Parsnip
Potato
Radishes
Red and Green Peppers
Seaweed
Spinach
Sweet Potatoes
Tomato

Amino Acids
L-Cysteine
L-Glutathione
L-Proline
L-Taurine
L-Threonine
Phosphatidyl Choline

Fruits	
Apples	Lime
Avocado	Mangosteen
Banana	Oranges
Blackberries	Pears
Kiwi	Pineapple
Lemon	Strawberries

Vitamins
A
B-complex
C
E
F

Minerals	
Calcium	Manganese
Chlorine	Potassium
Iodine	Sodium
Iron	Sulfur
Magnesium	Zinc

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