



## Product Information Sheet

### Purple Cushhh Fat Block

60 Capsules (1-3 capsules 30 min after meals or as prescribed)

**Helps with Bile Control, Diabetes, Obesity, Fatty Liver,  
Acid Reflux, Fatty Food Digestion and Liver Protection**

## Ingredients

### Ursibusi

Bile is a fluid that is continuously produced and released by the liver. The function of bile is to assist with digestion. The bile produced by the liver is firstly stored in the gallbladder – the pear-shaped organ directly below the liver. When food is consumed, the gallbladder contracts and releases the stored bile into the duodenum (the first part of the small intestine). In the duodenum the bile helps to break down the fats into fatty acids. These fatty acids can then be taken into the body by the digestive tract.

An adequate amount of bile is required in order for the bile salts to fulfil its vital function. However, too much bile could cause bile reflux which happens when the bile back up from the liver into the stomach and oesophagus (commonly known as the gullet or food pipe). Another function of bile is to lubricate the small intestines and the stool. Not enough lubrication may result in constipation and if excess bile acid enters the colon it could result in watery stool together with fecal incontinence.

Fat in the body helps to give the body energy, protects organs, supports cell growth and keeps the cholesterol and blood pressure under control. It also helps the body to absorb vital nutrients. A moderate amount of fat is needed in a well balanced diet because it is the source of essential fatty acids which the body cannot make itself. Fat is needed to help the body absorb vitamin A, D and E which are fat-soluble (can only be absorbed with the help of fats). The fat can only be broken down in the body if there is adequate bile to emulsify the fat (break down the large globules of fat into smaller globules). Fats that are not broken down could result in stomach pain, gas and oily stools.

Fat and Bile control is required to assist with reflux, obesity and cholesterol control

