



SCHEER
GUT ESSENTIALS

Bile Restore

NUTRITIONAL SUPPORT FOR BILE PRODUCTION & BILIARY STATUS



Bile functions as the body's "detergent," supporting emulsification and absorption of fats, critical for digestion and nutrient assimilation.



Supports bile production



Supports fat digestion



Supports nutrient absorption



Herbs, nutrients, and digestive cofactors play a critical role in supporting optimal digestion, bile production, and lipid metabolism.

Bile, Defined

Bile functions as the body's "detergent" emulsification and absorption of lipids, critical for fat digestion and assimilation. Bile is produced by the liver, and is temporarily stored in the gall bladder.

Bile is released into the small intestine in response to hormones, such as cholecystokinin, when fat enters the intestine.

Bile consists of a mixture of bile salts, bile acids, cholesterol, bilirubin and phospholipids chiefly phosphatidylcholine. The ratio of individual lipids are critical to maintain a stable micellar concentration. The molar ratios are typically 5:15:80 for cholesterol /phosphatidylcholine/bile salts.

If the bile concentration becomes too high, cholesterol will precipitate and gallstones will form in the gall bladder, a condition known as cholelithiasis.(1)

Bile Formation

Bile salts and acids represent oxidized derivatives of cholesterol. About 80% of the cholesterol in the body will eventually be disposed of as cholic acid.

The primary bile acids, cholic acid and chenodeoxycholic acid, possess a carboxylic acid side chain which confers hydrophilic properties to the lipophilic sterol ring and creates detergent-like molecules.

The liver attaches taurine and glycine to bile acids to create bile salts. Bacterial enzymes in the colon can convert these to secondary bile acids.

Bile is needed for efficient uptake of fats.

- The combined action of bile salts and pancreatic lipase initiates hydrolysis of triglycerides into free fatty acids and diglycerides.
- Lipase then converts these further into monoglycerides and free fatty acids.
- With continued bile release, lipid particles become smaller and form micelles for absorption.



Enterohepatic Circulation

Bile salts are reabsorbed in the lower small intestine and transported via the portal vein back to the liver. The liver extracts, conjugates, and re-secretes them as bile. Bile salts are recirculated 2–3 times with each meal.



Betaine

Beets are a concentrated source of Betaine, which functions in methylation pathways. Betaine converts homocysteine into methionine and dimethylglycine.

Elevated homocysteine is a risk factor for cardiovascular complications.(1)
Betaine is considered a lipotropic factor, assisting the liver in fat metabolism and supporting liver protection.



Fiber and Binding of Bile Components

Certain dietary fibers bind bile salts and increase bile excretion.

This process may reduce blood cholesterol levels and slow the development of atherosclerosis.



Nutritional Support of Bile Formation

Bile salts act as enzyme aides and support fat emulsification, increasing the surface area for digestion.

Bile also supports intestinal barrier protection against microorganisms.(4,5)



Pancrelipase

Pancrelipase supports the breakdown of triglycerides into absorbable fatty acids. Supplementation has been shown to reduce fecal fat and improve fat digestion. (6,7)

References:

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Taurine

Taurine enhances bile acid conjugation and increases bile acid solubility.

Studies show taurine may improve cholesterol metabolism and increase bile acid excretion.(8–11)



Vitamin C

Vitamin C supports cholesterol conversion into bile acids via cholesterol 7-alpha-hydroxylase.

Supplementation has been associated with reduced cholesterol levels and improved bile composition.(12–15)

Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	% Daily Value
Betaine HCl	200 mg	†
Ox Bile (freeze-dried)	100 mg	†
Pancrelipase	40 mg	†
Taurine	25 mg	†
Vitamin C (as ascorbic acid)	50 mg	56%

† Daily Value not established.

Other Ingredients: Vegetable culture, cellulose, stearic acid (vegetable source), modified cellulose gum, silica, and food glaze.

Specially grown, biologically active vegetable culture derived from organic plant sources containing naturally associated phytochemicals.

This product is gluten and dairy free.

One (1) tablet with each meal as a dietary supplement or as otherwise directed by a healthcare professional.

CAUTION

Not recommended for pregnant or lactating women.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.

Sealed with an imprinted safety seal for your protection.



To place your order for **Bile Restore** or for additional information please contact us at:

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