

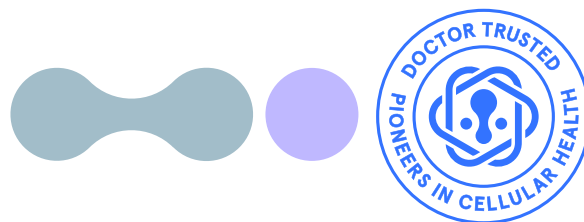
BodyBio TUDCA

Comprehensive Cellular and Liver Support

BodyBio TUDCA (Tauroursodeoxycholic Acid) is a water-soluble secondary bile salt that supports liver health, cellular detoxification, and mitochondrial function. Widely recognized for its ability to protect hepatocytes and promote bile flow, TUDCA is an essential tool for addressing oxidative stress, endoplasmic reticulum (ER) stress, and overall cellular health.*

AVAILABLE FORMAT:

60 Capsules



BENEFITS

Liver and Gallbladder Health

TUDCA supports bile production in the liver and enhances bile flow through the gallbladder, reducing the risk of cholestasis.*

Mitochondrial Protection

Improves mitochondrial efficiency and reduces oxidative stress, supporting cellular energy production.*

Reduces ER Stress

TUDCA alleviates endoplasmic reticulum stress, which is associated with chronic inflammation and cellular dysfunction.*

Neuroprotective Effects

Promotes brain health by reducing neuroinflammation and supporting the repair of damaged neurons.*

Anti-Apoptotic Properties

Protects cells from programmed cell death, particularly in liver and brain tissues.*

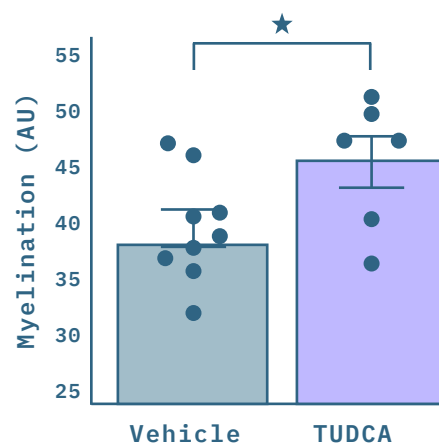
TRUST POINTS

- Pharmaceutical-grade TUDCA for maximum potency and efficacy.
- Free from common allergens, including soy, gluten, and dairy.
- Backed by clinical studies and emerging scientific research.

EVIDENCE

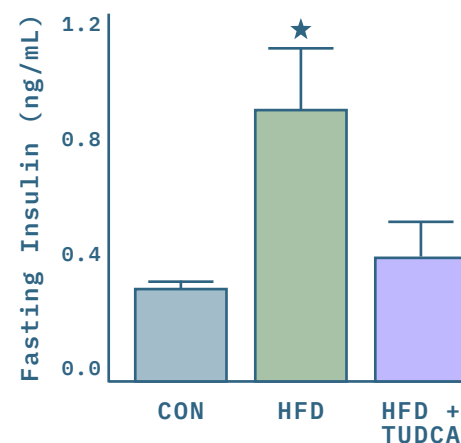
TUDCA Supplementation Ameliorates EAE

A reduction in the severity of experimental autoimmune encephalomyelitis (EAE) based on pathological measures — reduced demyelination and reduced infiltration of myeloid cells.



TUDCA Improved Glucose Tolerance and Insulin Sensitivity in HFD Mice

HFD increased insulin concentrations and the treatment with TUDCA restored this parameter in HFD + TUDCA to levels similar to those found in CON mice.



Bhargava, P., Smith, M. D., Mische, L., Harrington, E., Fitzgerald, K. C., Martin, K., Kim, S., Reyes, A. A., Gonzalez-Cardona, J., Volsko, C., Tripathi, A., Singh, S., Varanasi, K., Lord, H. N., Meyers, K., Taylor, M., Gharagozloo, M., Sotirchos, E. S., Nourbakhsh, B., Dutta, R., ... Calabresi, P. A. (2020). Bile acid metabolism is altered in multiple sclerosis and supplementation ameliorates neuroinflammation. *The Journal of clinical investigation*, 130(7), 3467–3482. <https://doi.org/10.1172/JCI129401>

Vettorazzi, J. F., Kurauti, M. A., Soares, G. M., et al. (2017). Bile acid TUDCA improves insulin clearance by increasing the expression of insulin-degrading enzyme in the liver of obese mice. *Scientific Reports*, 7, 14876. <https://doi.org/10.1038/s41598-017-13974-0>

APPLICATIONS

Fat Digestion

Particularly beneficial for patients with gallstones or those post-cholecystectomy.*

Liver Health

Effective for patients with non-alcoholic fatty liver disease (NAFLD), cholestasis, or other liver conditions.*

Neurodegenerative Conditions

Supports patients with neuroinflammatory or neurodegenerative disorders such as Alzheimer's, Parkinson's, ALS, or multiple sclerosis.*

Detoxification

Enhances bile flow and liver function, assisting those exposed to environmental toxins.*

Metabolic Health

Supports insulin sensitivity and reduces inflammation associated with metabolic syndrome.*

SUGGESTED USE

Take 2 capsules daily with food or as directed by your healthcare practitioner.

Therapeutic Dose

1-2 capsules with food, 2-3 times daily; not advised to exceed 6 capsules (1500 mg) per day.

Best taken with a meal that contains fat.

Avoid when pregnant.

SCIENTIFIC RATIONALE

Liver Health and Cholestasis

Clinical studies show that TUDCA is effective in improving bile flow and lowering liver enzyme levels in patients with cholestatic liver diseases. Research also suggests that TUDCA may help with other liver conditions, including non-alcoholic fatty liver disease and cirrhosis.

Fat Digestion and Detoxification

As a secondary bile salt, TUDCA aids in improving bile flow, which can be especially beneficial for individuals with sluggish bile or gallstones. It can also support those who have had their gallbladders removed by providing necessary bile salts in the absence of this organ. By enhancing bile flow, TUDCA plays a key role in supporting the body's detoxification processes, helping to break down fats and remove toxins more efficiently.

Neurodegenerative Conditions

TUDCA has demonstrated significant anti-apoptotic and neuroprotective properties, supported by a growing body of both experimental and clinical evidence. Its beneficial effects are primarily attributed to its ability to inhibit neuroinflammation and reduce oxidative stress—two key factors involved in the pathogenesis of conditions such as Alzheimer's, Parkinson's, amyotrophic lateral sclerosis, and multiple sclerosis. By promoting cellular survival and protecting neuronal integrity, TUDCA could help slow disease progression and improve overall brain function in affected individuals.

Metabolic Support

Research has shown TUDCA to improve multiorgan insulin signaling and sensitivity in liver and muscle tissue. TUDCA has also been found to increase insulin clearance (or the breakdown of insulin) in the liver by increasing the expression of insulin-degrading enzyme.

Chemical Chaperone Activity

TUDCA acts as a chemical chaperone by stabilizing protein folding, reducing endoplasmic reticulum stress, and aiding in the clearance of misfolded proteins, thus promoting cellular homeostasis.

Anti-Apoptotic Properties

TUDCA's ability to inhibit apoptosis is well-documented, particularly in liver and neuronal tissues. Anti-apoptotic effects are crucial for cell survival as they inhibit programmed cell death, allowing cells to maintain function and integrity under stress or injury.

Mitochondrial and ER Stress

TUDCA exerts its effects not only by regulating and inhibiting the apoptotic cascade but also by reducing oxidative stress. It helps protect the mitochondria and endoplasmic reticulum, has anti-neuroinflammatory effects, and acts as a chemical chaperone, ensuring proper protein folding and stability.

SUPPLEMENT FACTS

Serving Size: 2 capsules
Servings: 30

Amount Per Serving % DV	
Tauroursodeoxycholic Acid	500 mg †

† Daily Value (DV) not established.

Other ingredients: Hypromellose (capsule), rice bran wax, rice flour.

Warning: If pregnant or nursing, consult your health care practitioner before use.

SCAN QR CODE
FOR REFERENCES

