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Diet, Nutrients, and Supplements for NAFLD, Cirrhosis, NASH, and non-viral non-alcoholic Hepatitis

The first line treatment for NAFLD and related liver issues is weight loss. 10% weight loss over one year can result in 80-100% resolution of early-stage fatty liver disease ([Romero-Gomez 2017](#)). Low-carb high-fat ketogenic diets are very effective for weight loss, and might have added advantages for clearing liver fat, but this is not proven. Weight loss with any diet will be helpful, but avoidance of refined carbohydrates is essential.

Foods for NAFLD

Choline-rich foods

Found in egg yolks, liver, salmon, nuts, seeds, quinoa and others. This is especially important for hispanic populations, who are more likely to have choline-related issues

Dandelion greens

and other strong, bitter, leafy greens

Coffee

Regular or decaffeinated

Cannabis products

Emerging evidence shows a strong effect on improving liver health, though cases of it being damaging have occurred. Unclear whether the positive effect is the CBD, the THC, or the other plant chemicals (terpenes, etc.) in cannabis. Use with discretion (ie edibles).

Green Tea

Early evidence shows a potential positive benefit of green tea and green tea extracts. 3-5 cups daily

Supplements for NAFLD and Cirrhosis

Choline

Choose from the following. It's best to spread choline throughout the day. May lower liver enzymes, liver fat, and fibrosis

- Phosphatidylcholine 1.8g - 2.1g/day - this is the most effective/concentrated option
- Lecithin 8g - 12g (½ - 1.5 tsp) 2x/day- this is an inexpensive substitute
- Alpha-GPC (aka glycerophosphocholine)
- Betaine (aka. Trimethylglycine) 10-20g/day

Omega 3 fatty acids with EPA & DHA

Fish liver oil 1-2 tsp / day - contains omega-3 fatty acids, vitamin E, and vitamins A & D (fish liver oil) - for lowering ALT, liver fat

Milk thistle extract / silymarin

140mg - 420mg 3x/day

Turmeric/Curcumin

500mg/day (or less, depending on formulation). Must be in a bioavailable form: taken with black pepper extract (piperine), emulsifiers (phospholipids), fats (MCT oils are best), and best with turmeric oil or curcumin extract. Without these extra ingredients, turmeric does essentially nothing because your body clears it almost immediately. ([Jalali 2020](#))

Glycine or collagen protein

~5g/day. Glycine is a sweet-flavored amino acid that can raise glutathione levels better than taking glutathione itself. Glycine and glutathione are both low with liver disease, and glycine can help in the same pathway that choline does.

Green Tea & Green Tea Extract

Limited suggestive evidence ([Masterjohn 2012](#))

Supplements for NASH and Non-viral Hepatitis

When the condition is more severe, greater demands are placed on your metabolism. That's why these supplements may be indicated in addition to the previous.

L-carnitine

1500-2000 mg/day

Vitamin E

800 IU/day - for lowering ALT, liver fat in steatohepatitis

Zinc

40mg/day - for lowering toxicity from copper

Hesperidin (orange peel extract)

1000mg/day - based on limited evidence

Supplements and Foods to Avoid for Liver Health

- Avoid alcohol and take a thiamin supplement when you do drink alcohol
- Avoid sugar - table sugar is just as bad as high fructose corn syrup. Stevia is the best substitute
- Avoid herbs that may cause liver damage: kava kava, yohimbe, chaparral, comfrey, germander, valerian, aspirin?