

# Organ Synergy™ and Organ Synergy™ Powder



From New Zealand Grass-Fed and Finished Bovine Organs

By David M. Brady, ND, DACBN, IFMCP, FACN and Caitlin Higgins, MSCN, CNS

This information is provided as a medical and scientific educational resource for the use of physicians and other licensed health-care practitioners ("Practitioners"). This information is intended for Practitioners to use as a basis for determining whether to recommend these products to their patients. All recommendations regarding protocols, dosing, prescribing, and/or usage instructions should be tailored to the individual needs of the patient considering their medical history and concomitant therapies. This information is not intended for use by consumers.

Organ Synergy™ and Organ Synergy™ Powder are a unique combination of freeze-dried bovine organs sourced from 100% grass-fed and finished New Zealand cattle (free from bovine spongiform encephalopathy). It is formulated with a targeted blend of five different bovine organs, including the liver, heart, pancreas, kidney, and spleen, providing naturally occurring levels of various vital nutrients and compounds that may help support nutrient status in the body.\* Each serving provides 1 g of bovine liver and 500 mg each of bovine heart, kidney, pancreas, and spleen (produced from 0.6 oz raw organ weight) in a convenient capsule or powder delivery. Organ Synergy™ and Organ Synergy™ Powder are a good source of iron, providing 3 mg (15% DV) per serving. Additionally, the capsules contain 3 g of protein per serving and the powder contains 2 g per serving. This formula may help fill in the nutritional gaps for individuals following a standard American diet, and it is ideal for individuals following a Paleo style diet, or a strict carnivore diet, or for those who have difficulty preparing and eating fresh organ meats.

## Ingredient Highlights

- Freeze-dried bovine organs sourced from 100% grass-fed, grass-finished, and free-range New Zealand cattle
- Each serving is produced from 0.6 oz raw organ weight from the liver, heart, pancreas, kidney, and spleen
- Good source of iron with 3 mg per serving
- Gluten-free, dairy-free, soy-free, and non-GMO
- Animals never administered antibiotics, growth hormones, or stimulants
- No artificial or synthetic ingredients and no artificial flavors, colors, or chemical preservatives
- Convenient capsule and powdered delivery options

The current Western-style diet has shifted away from ancestral diet patterns and primarily consists of energy-dense, ultra-processed foods that are generally low in the essential micronutrients required to maintain healthy tissues and organ functions. Western dietary patterns are high in refined carbohydrates, sugars, and trans fats that are known environmental risk factors of chronic conditions, such as cardiometabolic diseases, obesity, nonalcoholic fatty liver disease, neurodegenerative diseases, and certain types of cancers, as they elicit a pro-inflammatory response.<sup>1-4</sup>

Edible offal and organ meats are considered to be one of the most nutrient-dense food groups.<sup>5</sup> Organ meats from grass-fed cattle naturally contain essential nutrients that support fundamental cellular functions, including vitamins A and E, B complex vitamins, heme iron (the bioactive form of iron), and various enzymes and bioactive peptides, along with a favorable omega-6 to omega-3 (n-3) fatty acid (FA) ratio.<sup>6</sup> Compared to skeletal muscle meat, organ meats are known to store and contain higher amounts of proteins and other key nutrients, such as the important energy compound coenzyme Q10 (CoQ10), beneficial fat conjugated linoleic acid (CLA), antioxidant glutathione, and the amino acids, L-carnosine, anserine, L-carnitine, taurine, and creatine.<sup>6</sup> Bovine liver contains a variety of vitamins and minerals, including vitamins A, E, B1, B3, B6, biotin, and folate, along with copper, heme iron, zinc, and omega-3 fatty acids.<sup>7</sup> These nutrients play a vital role in cellular energy metabolism, DNA synthesis, oxygen transport, and neurotransmitter synthesis and function.<sup>8</sup> Under in vivo and in vitro conditions, bioactive peptides (specific protein fragments that regulate cellular and intracellular physiologic responses) from organ meat can perform regulatory functions that exceed normal and adequate nutrition, including improvements in intestinal health, nutrient intake, feed conversion efficiency, mineral bioavailability, and immune function.<sup>6</sup>

## Benefits\*

- Supports the body's overall micronutrient status
- May support cellular energy
- Promotes consumption of nutrients found at suboptimal amounts from standard diets

## Organ Synergy™

Supplement Facts		
Serving Size 6 capsules Servings Per Container 30		
Amount Per Serving	% Daily Value	
Calories	15	
Total Fat	0.5 g	1%†
Cholesterol	5 mg	2%
Protein	3 g	
Iron	3 mg	15%
Bovine Liver	1 g	*
Bovine Heart	500 mg	*
Bovine Kidney	500 mg	*
Bovine Pancreas	500 mg	*
Bovine Spleen	500 mg	*

†Percent Daily Values are based on a 2,000 calorie diet.  
\*Daily Value not established.

Other Ingredients: Gelatin (capsule), microcrystalline cellulose.

## Organ Synergy™ Powder

Supplement Facts		
Serving Size 3 g (approx. one scoop) Servings Per Container 60		
Amount Per Serving	% Daily Value	
Calories	15	
Total Fat	0.5 g	1%†
Cholesterol	5 mg	2%
Protein	2 g	
Iron	3 mg	15%
Bovine Liver	1 g	*
Bovine Heart	500 mg	*
Bovine Kidney	500 mg	*
Bovine Pancreas	500 mg	*
Bovine Spleen	500 mg	*

†Percent Daily Values are based on a 2,000 calorie diet.  
\*Daily Value not established.

## Importance of Grass-Fed and Grass-Finished Sources

The bovine organs in Organ Synergy™ are sourced from animals that have been raised under normal New Zealand conditions with year-round access to grass. They have not been fed anything other than grass, hay, silage, lucerne, or non-grain feed crops.

The cattle from which the product was derived have never been fed any feed containing genetically engineered ingredients or administered antibiotics in any form from birth to harvest. They were also raised without any added hormones or growth stimulants. Conventionally grown cattle are often given antibiotics, growth hormones, stimulants, and genetically engineered grain-derived feed, which may be deleterious to human health.

Compared to grain-fed beef, the grass-based diets have been shown to significantly improve the FA composition and antioxidant content in the beef.<sup>9</sup> According to a review, cattle-fed, grass-based diets had enhanced total CLA isomers, trans-vaccenic acid (TVA), which is a precursor to CLA, and omega-3 FAs on a gram per gram fat basis, whereas grass-finished beef had higher cholesterol neutral stearic FA and less of the cholesterol-elevating saturated FAs, such as myristic and palmitic FAs.<sup>9</sup> CLAs have been shown to have beneficial effects on cancer, diabetes, obesity, and body composition by reducing adipocyte accumulation in both animals and humans.<sup>9-11</sup> Further studies demonstrated that compared to grain-fed beef, cattle finished on pasture (grass-fed) produced higher levels of precursors for vitamins A (pro-vitamin A and  $\beta$ -carotene) and E, and elevated levels of glutathione, catalase, and superoxide dismutase, which work together as potent antioxidants protecting lipids against oxidation in animals and humans.<sup>9</sup> Another study found grass-finished beef to have less lipid oxidation and a darker, richer red color in three beef muscles compared to legume-finished and grain-finished beef, potentially due to an increase production of endogenous antioxidants.<sup>12</sup>

A cross-sectional, national food consumption survey study compared FA composition in humans based on intake from cattle fed three alternative diets *ad libitum*: grass only, grass silage plus concentrates (GSC), or concentrates only (CONC) including barley, soybean meal, molasses, minerals and vitamins, and grass silage. Those who ate grass-fed only beef had decreased levels of myristic and palmitic acids, increased CLA and TVA, and improved adherence with the dietary recommendations for total fat, saturated FAs, and polyunsaturated FAs compared to the GSC and CONC scenarios.<sup>13</sup> The results showed that grass-based feeding practices can alter the FA composition of beef, ultimately improving dietary intake of FAs in humans, suggesting that habitual consumption of grass-fed beef may have the potential to improve dietary fat quality.<sup>13</sup>

### Recommended Use:

**Organ Synergy™:** Take 6 capsules per day or as directed by your health-care practitioner.

**Organ Synergy™ Powder:** Take 3 g (approximately one scoop) per day or as directed by your health-care practitioner.

**Warnings:** This product is not suitable for patients with gout, as organ meats are high in purines and may potentially increase uric acid levels.

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6 years of age. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/api/library-assets/literature-reference---organ-synergy-tech-sheet-references>

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Healthcare practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage.

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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