



Milk Thistle

A vegetarian herbal supplement to support healthy liver function and detoxification.*

Recommended to support:

- Liver Health and Function*
- Liver Detoxification*

Historical Uses

- Used historically (for over 2,000 years) to support liver and biliary function.*

Clinicians' Milk Thistle

- Milk Thistle contains antioxidant flavonoids collectively known as Silymarin, which appear to support liver membrane health.*
- Silymarin, the key compound in milk thistle, is composed mainly of silybin, approximately 70%, along with a mixture of other flavonoids. Silybin is the most beneficial component found in silymarin.
- Silymarin is a potent antioxidant, and supports stabilization of cellular membranes, detoxification pathways.* It is shown to support phase II detoxification pathways in mice.*
- Clinicians' Milk Thistle is standardized to yield 240 mg (80%) Silymarin per capsule.

Liver Function

- Milk Thistle supports liver detoxification through its antioxidant activity, and its support of bile production (to help emulsify fats).* It also has a soothing effect on liver, kidney and bladder tissues.*
- Milk Thistle has been the subject of numerous scientific and clinical studies.

Milk Thistle Supports:

- Liver and kidney cell health*
- Liver detoxification*
- Fat digestion and bile production*
- Balanced blood sugar and cholesterol levels within normal ranges*
- Excretion of cholesterol*
- Hormone secretion*
- Normalizes tumor necrosis factor (TNF) and leukotriene secretion*
- Protein synthesis in the liver, which helps transform LDLs to HDLs and supports healthy liver cell function*

Supplement Facts Panel

Serving Size: 1 Capsule

Amount Per Serving

Milk Thistle (<i>Silybum marianum</i>) Extract (seed)	300 mg
Yielding: Silymarin	240 mg

Other ingredients: rice flour, vegetable cellulose, vegetarian leucine.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this or any nutritional product.

Suggested Use: As a dietary supplement, take 1 capsule with breakfast and 1 capsule with lunch, or as directed by your healthcare practitioner.

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*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.