



# SILYMARIN

AN HERBAL SUPPLEMENT TO SUPPORT  
LIVER FUNCTION†

**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.\*

## 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.\*
- Our 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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