



Nutritional support for healthy liver function

APPLICATIONS / BENEFITS

- Supports the body's natural elimination of toxins
- Enhances healthy hepatic function
- Provides liver-protective support

OVERVIEW

Patient One Milk Thistle vegetarian capsules contain 250 mg of milk thistle extract, standardized to contain a minimum of 80% of the flavonoid silymarin.

A common herb native to the Mediterranean, milk thistle has been broadly used for its nutritional support of liver function for two centuries. Seeds of the dried milk thistle flower are rich in silymarin, a bioflavonoid complex of silybin, silydianin, and silychristin. Silymarin is responsible for milk thistle's powerful protective and regenerative activities in the liver.

The liver is the body's detoxifying organ, disabling toxins such as ethanol, environmental poisons, pesticides, and certain pharmaceuticals. When damaged or diseased, the liver's ability to eliminate toxins and perform its numerous other functions may be severely impaired. This highly active botanical has been shown to support and enhance normal, healthy liver function.

Silymarin protects the liver from free radical damage, supports glutathione concentrations and promotes superoxide dismutase activity. Milk thistle extract also stimulates protein synthesis in hepatic cells.

RESEARCH

- Scientific studies show that oral supplementation with silymarin can help support liver function. ⁽⁸⁻¹³⁾

- Silymarin has been shown to combat lipid peroxidation, wherein excess liver fat turns rancid under continuous assault from free radicals. ⁽¹²⁻¹⁵⁾

- Research has also demonstrated that silymarin may help promote healthy liver cells. ⁽⁹⁾

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Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving

Milk Thistle Extract (<i>Silybum marianum</i>) (seeds) [Standardized to contain a minimum of 80% Silymarin]	250 mg*
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† Daily Value not established

Other Ingredients: rice flour, vegetable cellulose (capsule), leucine

Free of: milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

Suggested Use: Take 1 capsule up to 4 times daily as a dietary supplement, in divided doses between meals, or as directed by your health practitioner. Store in a cool, dry place.

Caution: Avoid this product if you are allergic to ragweed or daisy-like products. If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.**

Vegetarian

Gluten Free

Non-GMO

Vegetable Caps

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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