Milk Thistle *Silybum marianum*

Code: FE1598 – 95 ml

Milk Thistle contributes nutritionally to the liver's ability to maintain normal liver function. The nutrients in milk thistle have shown positive effects on the liver due to their ability to inhibit factors responsible for liver damage and their detoxifying potential.

HEALTH CLAIMS (EU Regulation 432/2012): *Milk thistle contributes to the normal liver function and protection; and to the detoxifying potential of the liver.*

Ingredients: Purified water, ethanol (from sugar cane), organic milk thistle seed extract (*Silybum marianum*).

Nutritional information:	**10 ml**
Organic Milk thistle (*Silybum marianum*)[1]	3 g

[1]controlled cultivation.

Size and format:
95 ml

Recommended daily dose:

2 teaspoons (10 ml) daily. Shake well before use.

Do not exceed the stated recommended daily dose.

Indications and uses:

- Issues related to the liver, gallbladder and their functions.
- Hepatic detoxification.
- Neuralgia and headaches associated with liver disorders.
- Skin conditions such as acne.

Cautions:
Consult a health-care practitioner if pregnant, or if symptoms persist or worsen. Hypersensitivity has been known to occur; in which case, discontinue use.

DETAILS:

Milk Thistle supports the production of healthy new liver cells, the creation of bile, the synthesis and proper use of cholesterol and the elimination of toxins (heavy metals, chemicals and pollution). It also cleanses blemishes and beautifies the skin.

Milk thistle also helps dissolve kidney and bladder stones, stimulates the reproduction of liver cells and is good for hepatitis, jaundice, liver cancer and other diseases. is good for hepatitis, jaundice, anaemia, acne and skin conditions.

A properly functioning liver will result in beautiful, youthful skin, free of blemishes and age spots, as it has a great impact on the health of your skin.

Other nutrients in milk thistle act as powerful antioxidants, inhibiting lipid peroxidation in liver cells. liver cells. They also contain water-soluble peptides rich in methionine; a sulphur-containing amino acid with strong antioxidant properties that detoxify the liver and aid in the rejuvenation process.

Our organic **Milk Thistle** supports liver function, so that your liver can continue its work: helping to improve problems such as depression, headaches or damaged skin due to excess toxins.

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INGREDIENTS:

MILK THISTLE: has traditionally been used in the Middle East and Europe, and its use dates back to the Romans and Greeks. Its most common applications have been for a multitude of liver disorders, including gallbladder disorders such as hepatitis, cirrhosis and jaundice, and to protect the liver against poisoning from chemicals and environmental toxins, such as snakebites, insect bites, fungal poisoning and alcohol [(1)].

The main active ingredient in milk thistle is silymarin, which is composed of a group of flavonoids (silybin, silydianin and silychristin). A number of clinical studies have shown that silymarin counteracts the toxic effects of a wide range of poisons, including: alcohol, carbon chloride, acetaminophen overdose, and the fungus *Amanita phalloides*).

The mechanism of action of silymarin involves altering liver cell membranes to inhibit the passage of toxins and to increase cell regeneration by stimulating protein synthesis, facilitating the regeneration of liver cells [(2-7)].

Silymarin also acts as an antioxidant by protecting liver cells from free radicals generated in phase 1 detoxification and inhibits inflammatory enzymes. Recent research indicates that silymarin helps protect against the depletion of the antioxidant glutathione in liver cells [(8-11)].

Silymarin in combination with phospholipids and antioxidants has been shown to improve liver enzymes and hyperinsulinaemia, as well as reducing hepatic steatosis in patients with non-alcoholic fatty liver disease [(12-14)].

A meta-analysis found that, in patients with alcoholic liver disease, silymarin reduced liver enzyme alanine amino transferase (ALT), an indicator of liver damage, as well as mortality in patients with liver cirrhosis [(15)].

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