

## Silibinin Plus

### 90 vegetarian capsules

Item Catalog Number: 00503

The liver is a large glandular organ, whose functions include storage and filtration of blood, secretion of bile, detoxification of various substances and conversion of sugars into glycogen, which it stores. The liver is also responsible for processing many vitamins and nutrients into a form that can be utilized by the body, and processing many toxic chemicals for elimination.

Modern living involves daily exposure to substances that are toxic to our bodies, which imposes a heavy load on the liver. Therefore, a healthy liver is critical to well-being. Certain lifestyle risks and medical conditions make it all the more important to ensure that the liver is being maintained at its functional best.

In Europe and Asia, herbal liver tonics have been in common use for centuries. The effectiveness of the herbs used has been validated during the past decades through modern research and clinical studies. These herbs generally contain antioxidants, cell membrane stabilizing agents, bile secretion enhancing compounds, or nutrients that prevent depletion of endogenous antioxidants such as glutathione. Hepatoprotection is beneficial not only for the liver but also for the overall health and vitality of the body.

The most biologically active flavono-lignan found in silymarin is silibinin.<sup>2,3</sup> Standardized milk thistle extract usually consists of 60–70% silibinin.<sup>37</sup> Silibinin's main hepato-protective properties are of free radical scavenger and membrane stabilizer.<sup>38-43</sup> Other important anti-oxidant effects of silibinin are due to its influence on the endogenous antioxidant superoxide dismutase and the enzyme system associated with glutathione.<sup>37,44-46</sup> In addition, silymarin and silibinin actually help maintain a normal rate of protein synthesis in the liver, leading to more efficient cellular functions like cell division.<sup>47-49</sup> Silibinin's influence on the 5-lipoxygenase pathway can also account for its role in supporting healthy liver function.<sup>47,50-52</sup>

The botanical extract in Silibinin Plus has been concentrated and dual standardized to ensure the highest quality, consistency, and biological activity.

## References

### Supplement Facts

Serving Size 1 capsule

Servings Per Container 90

#### Amount Per Serving

|  |        |
|--|--------|
| Silibinin (from milk thistle seed powder extract)<br>( <i>Silybum marianum</i> ) | 266 mg |
| Silymarin (from milk thistle seed powder extract)<br>( <i>Silybum marianum</i> ) | 60 mg  |

Other ingredients: rice flour, vegetable capsule, magnesium stearate, silica.

Contains rice. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or corn. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

## Dosage and Use

- Take one capsule two times daily, with or without food, or as recommended by a healthcare practitioner.

## Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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