

Silymarin

100 mg, 50 capsules

Item Catalog Number: 00184

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.

Silymarin is an active component of the extract of milk thistle (*Silybum marianum*), a member of the Compositae or daisy family.²⁸ Silymarin is considered a flavonolignan mixture which is a unique type of bioflavonoid and an antioxidant that scavenges damaging free radicals. Scientific studies show that oral supplementation with silymarin can help support liver function.²⁹⁻³⁴ Silymarin has been shown to combat lipid peroxidation in the liver.^{29,30,35,36} It has also been demonstrated that silymarin may help promote healthy liver cells.³²

References

Supplement Facts

Serving Size 1 capsule

Servings Per Container 50

Amount Per Serving

Silymarin (from milk thistle seed powder extract)

100 mg[^]

Citrus peel bioflavonoid complex powder

25 mg

Other ingredients: rice flour, gelatin, purified water.

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, colors, flavors, or preservatives.

[^] Results by UV.

Dosage and Use

- Take one capsule one to three 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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