



## Milk Thistle TINCTURE

### LIVER AND DIGESTION

Liver protection

NPN 80009377

50 ml

#### Each ml contains

Milk Thistle	seed	<i>Silybum marianum</i>	1:2	468 mg	Organic
Alcohol, 55% to 60%, certified organic					

#### DOSAGE

**INTERVENTION:** 2 ml, 3 to 5 times per day, for 7 to 14 days. Maximum dose: 10 ml per day.

**TREATMENT:** 1.5-3 ml, 1 or 2 times per day, for minimum 3 weeks. Repeat as needed.

#### DIRECTIONS FOR USE

Dilute tincture in a sip of water.

For long-term treatment, take 6 days out of 7.

Milk thistle must be taken in large doses due to its low solubility and absorption. Doses can also be divided to counter the rapid degradation of this herb's active principles.

#### MECHANISM OF ACTION

Milk thistle's silymarin has been shown to stop liver cells from degenerating, in addition to being regenerative and antioxidant. Silymarin is made up of four flavonolignans: silybin, isosilybin, silychristin and silydianin. However, this herb's medicinal action is not limited to its flavonolignans. Its flavonoids have a complementary action, protecting the liver cells. The alcohol use for extraction is particularly sensitive. Flavonolignans are soluble in alcohol (not in water), while flavonoids are only water-soluble. Our collaborative research has led us to find the ideal alcohol content for powerful, balanced extraction.

Part of milk thistle's characteristic action is concentrated on protecting the liver. Silymarin is a powerful cancer cell proliferation inhibitor. It reduces liver cell destruction and decreases inflammation. It acts on the parenchyma's cell membranes and keeps poisons from entering, thus preventing and repairing liver damage. Milk thistle is also highly effective at potentiating the liver thanks to its neutralizing and filtering properties. It supports the liver in neutralizing and eliminating exogenous poisons and toxins and protects it from intoxicants, poisons and environmental toxins.

Milk thistle is used to rebuild the livers of alcoholics. It has demonstrated a capacity to reduce (or delay) the development of cirrhosis caused by alcohol abuse and is excellent at preventing hangovers. It potentiates the liver's ability to metabolize alcohol and quickly remove it from the blood stream, which reduces side effects like headaches, nausea, dizziness and fatigue.

Considerable medical research has been conducted on this plant in the last 20 years, with animal testing and clinical studies. Recent studies document milk thistle's complementary action in treating diabetes (mainly in combination with herbs containing berberine, to facilitate their absorption), its ability to counter liver fibrosis in degenerative diseases like hepatitis B and potentiate antibiotics

(stopping the antibiotic from being degraded in the cells, thus prolonging its action and keeping bacteria from becoming antibiotic-resistant). While mainly in the early stages, this research illustrates milk thistle's global, systemic action.

#### HELPFUL ASSOCIATIONS

**PURIFITOP** for intoxication, hepatic congestion, eczema and psoriasis.

**SWEET TUMMY** for digestive and liver problems.

**DEPURATIX** for eczema and psoriasis.

**LIVERTOP** to tone the liver and gallbladder.

**ASTRAGALUS** capsules for toxic medical treatments like chemotherapy.

**LEMON BALM** for insomnia (waking up during the night) due to an overburdened liver.

#### ETHNOBOTANY

**Liver problems:** acute or chronic hepatitis, cirrhosis, jaundice, intoxication, poisoning, congested liver, tired liver, insomnia.

**Digestive problems:** dyspepsia, motion sickness, nausea, gas, bloating.

**Skin problems:** eczema, psoriasis.

**Intoxication:** medication, anesthesia, drug addiction, smoking, solvents, industrial chemicals and heavy metals intoxication.

#### HISTORY

Native to Asia Minor and Southern Europe, but already found in Northern Europe by the 16<sup>th</sup> century, milk thistle has been used to treat liver problems for over 2,000 years. Its benefits are mentioned in the Bible, the works of Pliny the Elder and literature from the Middle Ages. There is a legend that the white veins on milk thistle leaves were made by the Virgin Mary's milk falling on these plants as she helped Jesus disrobe during Herod's persecution. Milk thistle has always been very popular in vegetable gardens as a medicinal and edible herb. Used in the kitchen since the early 19<sup>th</sup> century, the leaves were eaten in salads, the stems were prepared like asparagus and the roots were enjoyed as salsifies.

#### CONTRA-INDICATIONS

Consult a health care professional if symptoms persist or worsen, or prior to use during pregnancy.

No contraindication for breastfeeding.

#### INTERACTIONS

No known drug interactions.

## REFERENCES

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Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

