



Milk Thistle CAPSULE

LIVER DISORDERS
Digestive aid

NPN 80016975

85 CAPSULES

400 mg/CAPSULE

Ingredient				
Milk Thistle	seed	<i>Silybum marianum</i>	400 mg	Organic
Vegetable cellulose capsules				

DOSAGE

INTERVENTION: 3 capsules, 2 times per day, for 3 days.

TREATMENT: 2-4 capsules, 1 to 3 times per day, for 3 weeks. Repeat as needed.

DIRECTION FOR USE

Take with a small amount of lukewarm water or infusion.

If the capsules are difficult to digest, take with meals.

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.

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.

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 herb 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 shows 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 16th 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 saying 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 19th 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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All ingredients certified organic.

Made according to GMP.

Kosher, vegan and non-irradiated.

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

