

MILK THISTLE

What is MILK THISTLE?

Milk Thistle originally came from the Mediterranean. It is now widespread throughout the world and usually grows in dry, sunny areas. The stem branches at the top and reaches a height of 4 to 10 feet. The leaves are wide with white veins, the flowers are red-purple and the hard-skinned fruit is small and shiny. The seeds of this fruit contain many liver protecting compounds, the most well researched being a small family of active ingredient known as silymarin. The more concentrated solution of silymarin, kept in its full spectrum form, the more effectively and readily it is absorbed into the blood stream. Silymarin increases protein synthesis in the liver cells. It protects and restores the liver by antioxidant activity; it stimulates the liver to produce SOD, a potent free radical scavenger. *

What are the benefits?

Milk Thistle protects the liver from harmful chemicals and alcohol. It is a more powerful antioxidant than vitamin C and E.

Concentrated powdered extracts are most beneficial for cirrhosis of the liver, hepatitis, jaundice, chronic alcoholic liver diseases and liver damage from toxins. Milk Thistle has demonstrated a protective effect on the liver following exposure to toxic doses of acetaminophen (a non-aspirin pain reliever). Likewise, it may protect against liver toxicity associated with long-term medications. Similar to artichoke, milk thistle helps increase the production of bile and can be beneficial for overindulgence in food or drink. One of the best liver detoxifiers, it can also be invaluable for skin conditions such as acne, psoriasis and eczema. *

Supplement Recommendation:

For the most effective benefits, look for a standardized full spectrum extract containing 80% silymarin. Be sure it has been naturally grown or ethically wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule without fillers, binders or common allergens.

- **Helps relieve overindulgence of alcohol and greasy/fatty foods***
- **Protects the liver from harmful chemicals and alcohol***
- **More powerful an antioxidant than vitamins C and E***
- **Beneficial for cirrhosis of the liver***
- **Beneficial for alcohol-related liver imbalances***
- **Helps cleanse the blood by absorbing and neutralizing toxins***
- **Protects and restores the liver by antioxidant activity***
- **Powerful detoxifier and free radical scavenger***
- **Strengthens the liver and helps regenerate cells***

Supporting Research:

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* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.