MILK THISTLE
(Silybum marianum)

Ultimate Support for Healthy Liver Function*

ALCOHOL-FREE CONCENTRATED EXTRACTS OF:
MILK THISTLE SEED MG EXTRACT PER 3 CAPS
(Silybum marianum) 450 mg

STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE
Silymarins (from Milk Thistle) 360 mg

HISTORY
Milk Thistle is a herbaceous annual or biennial plant with a dense-prickly flower head and reddish-purple tubular flowers. It is native to the Mediterranean region and has been naturalized in Central Europe, North and South America, and Southern Australia. Milk Thistle has an extensive history of use as an edible plant. In the 1st century AD, Pliny the Elder reported its use for supporting liver health. Theophrastus (IV century BC) and Dioscorides (1st century AD) also wrote of its value. The English herbalist, Nicholas Culpeper (1650) claimed it was effective for supporting the normal functioning of the liver. At the turn of the 20th century, Eclectic physicians also used Milk Thistle to support healthy liver function. Much of the modern day research has been conducted in Germany where it is an approved herb in The German Commission E Monographs.*

Numerous scientific studies have explored Milk Thistle and a group of its constituents called silymarins. Many of these clinical studies have demonstrated that this herb supports healthy liver function and provides powerful antioxidant protection, particularly from free radicals and other toxins that normally enter into the liver and cause damage. A primary constituent of silymarin called silibinin also helps to support healthy liver function, encouraging healthy cholesterol synthesis by the liver.*

In addition to its well-recognized role in promoting liver health, key constituents in Milk Thistle also help to maintain normal kidney function and promote optimal immune function. Limited research suggests that this herb may also support healthy prostate function, and encourage a vital gastrointestinal tract by protecting it from free radical damage. More research is warranted to support the use of this herb for supporting its role beyond enhancing healthy liver function.*

COMPLIMENTARY HERBS/FORMULAS
Liver Health, Hep Support, Cell Well

SAFETY EVALUATION/CONTRAINDICATIONS
Milk thistle may occasionally cause a mild, transient laxative effect, which will generally pass within 3 days of use. On rare occasion, this herb can cause mild gastrointestinal distress with symptoms including nausea, diarrhea, flatulence, and bloating. Use with caution if you are allergic to the daisy or chrysanthemum family. If you experience fast or irregular breathing, itching, skin rash or hives, seek medical attention promptly.*

KNOWN DRUG INTERACTIONS
Before using this herb, talk with your healthcare professional if you take any medications.*

REFERENCES
Magliulo E, et al. [Results of a double blind study on the effect of silymarin in the treatment of acute viral hepatitis, carried out at two medical centers].

FOR INFORMATION ON OTHER GAIA PRODUCTS PLEASE VISIT OUR WEBSITE
www.gaiaherbs.com

DOSAGE
3 Liquid Phyto-Caps, with a small amount of warm water

DURATION OF USE
4-6 Months

BEST TAKEN
After the evening meal
Med Klin. 1978; 73(28-29): 1060-1065. [article in German]

GENERAL REFERENCES