

# MILK THISTLE

Milk Thistle (*Silybum marianum*) is a flowering herb native to the Mediterranean region but also grows in North Africa and Asia. Milk Thistle has prickly leaves and purple-pink flowers and has been used medicinally for centuries.

Milk Thistle has a rich history in traditional medicine, particularly in European and Mediterranean cultures. One of the primary uses of Milk Thistle was to support liver and gallbladder health. It was also used as a detoxifying agent, as it was thought to support the liver and the body's natural detoxification processes.

The active constituents of Milk Thistle are a mixture of plant compounds called silymarins, a standardized extract from the seeds. The most studied active constituent of the silymarins is called silybin (or silibinin). Milk Thistle also contains flavonoids and other bioactive compounds.

Milk Thistle has been shown in scientific studies to:

- Provide antioxidant and anti-inflammatory activity
- Protect the liver from harmful toxins by supporting normal cellular defenses
- Support healthy liver function
- Support normal bile secretion and flow
- Support healthy brain function as the body ages



## SUPPLEMENT FACTS

Serving Size: 2.5mL  
Servings Per Container: Approx. 71

	Amount Per Serving	% Daily Value
<b>Calories</b>	<b>10</b>	
Organic Milk Thistle ( <i>Silybum marianum</i> ) 1:2 extract from 1.25 g Seed	2.5mL	**

\*\*Daily Value Not Established.

Other Ingredients: Pure Alcohol (65-75% by volume), Purified Water

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.*



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