

# MILK THISTLE SEED EXTRACT CAPSULES

## PRECISION, POTENCY, AND CONSISTENCY

Our milk thistle seed extract capsules provide 250 mg of concentrated and standardized milk thistle. This 30:1 extract provides a crude equivalent of 7,500 mg of dried seeds. Deriving from the seeds, this extract delivers a consistent 200 mg of silymarin, the plant's key antioxidant compound.

Each capsule delivers a precise and consistent 200 mg of silymarin, allowing for research-aligned intake. Standardization guarantees the same level of active compounds with every use for therapeutic results.

## TINCTURE

### TRADITIONAL HERBAL SUPPORT IN LIQUID FORM

Milk thistle tinctures are made from organic milk thistle seed and prepared as a liquid extract, offering a format closely aligned with traditional herbal practice. Each teaspoon contains a crude quantity equivalent of 1.5 g of organic *Silybum Marianum* seed.

Due to the natural extraction process, tinctures are not standardized for silymarin. However they do retain the plant's natural bitterness, which is traditionally valued for supporting digestive stimulation.



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### Milk Thistle Seed Extract 250 mg

#### Each vegetable capsule contains:

Milk thistle (*Silybum Marianum*) 30:1 seed extract (80% silymarin) . . . 250 mg (7,500 mg crude quantity equivalent)

#### Other ingredients:

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use:

Adults: Take 1 capsule three times daily or as directed by your health-care practitioner.

#### Duration of use:

Use for at least 3 weeks to see beneficial effects.

#3628 · 90 capsules • #3618 · 270 capsules  
V0870-R1 · NPN 80127788

### Milk Thistle Organic Tincture

#### Each teaspoon contains a crude quantity equivalent of:

Organic milk thistle (*Silybum Marianum*) seed. . . . . 1.5 g

#### Other ingredients:

Organic alcohol 25% (from sugarcane) and purified water.

#### Directions of use:

Adults: Take 2 teaspoons (10 ml) daily or as directed by your health-care practitioner.

#### Duration of use:

Use for a minimum of 3 weeks to see beneficial effects (hepatoprotectant/liver protectant agent or support of liver function).

#1597 · 50 ml • #3596 · 100 ml  
LM0036-R4 · NPN 80079356

- **Manufactured in Canada in a certified cGMP (Current Good Manufacturing Practices) facility.**
- **All ingredients and finished products are tested for quality and safety in an ISO 17025-accredited laboratory.**

To ensure these products are right for you, always read and follow the label.

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# Milk Thistle

## SUPPORT YOUR LIVER DESERVES



# WHY LIVER SUPPORT MATTERS

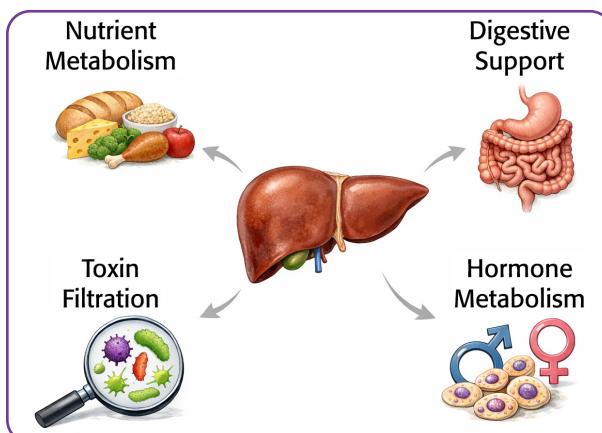
## YOUR BODY'S PRIMARY FILTRATION SYSTEM

The liver performs hundreds of essential tasks every day. It helps metabolize nutrients, supports digestion, processes hormones, and plays a central role in filtering unwanted compounds from the body.

In modern life, the liver may face additional demands from factors such as:

- Environmental pollutants
- Medications and their metabolic byproducts
- Alcohol consumption
- Dietary excesses, including rich or fatty foods

Supporting liver function helps maintain overall metabolic balance and systemic wellbeing.



# WHAT IS MILK THISTLE?

## A TRADITIONAL HERB FOR LIVER SUPPORT

Milk thistle (*Silybum marianum*) is a flowering plant, native to the Mediterranean region, which has been used for centuries in traditional herbal medicine.

The seeds are the part most valued for health applications, as they contain silymarin, a complex of antioxidant compounds responsible for milk thistle's protective properties.



Traditionally, milk thistle has been valued as a hepatoprotectant—an agent that helps protect liver cells from stress and supports healthy liver function.

In addition to liver support, milk thistle has also been used to help relieve digestive disturbances such as dyspepsia, making it a versatile botanical for daily wellness support.

# WHO CAN BENEFIT?

## SUPPORT FOR MODERN LIFESTYLES

Milk thistle may be a valuable addition for adults seeking to support liver and digestive function as part of a balanced wellness routine—particularly when daily lifestyle factors place added demands on the body's natural filtration systems.

This includes individuals who:

- Want to proactively support and protect liver function
- Are looking for a traditional, plant-based hepatoprotectant
- Experience occasional digestive discomfort or dyspepsia
- Regularly consume rich or fatty foods
- Wish to maintain metabolic balance in modern environments

