

Milk Thistle

Supports Healthy Liver Function*



LIVER/DETOXIFICATION*



The liver is an organ that has over 500 different functions in the body. One of its primary responsibilities is detoxifying chemicals, medications, allergens, alcohol, radiation, and other substances. The liver helps to filter (or detoxify) the blood to remove any potentially harmful compounds from general circulation in the body. Additionally, the liver helps to metabolize carbohydrates, fats, and protein – helping to direct them to the locations where they are required in the body. Supporting the normal structure and healthy function of the liver is crucial for optimal health.

Milk thistle (*Silybum marianum*) is an herb well known for supporting liver health and function.* Silymarin is the most active compound found in milk thistle, concentrated in its fruit and seeds. Milk thistle has demonstrated bioactive properties that may help support normal liver cell repair and help maintain the normal growth and

function of liver cells.* This may promote the optimal functioning of liver detoxification.* Toxins can also activate the body's inflammatory response system, but silymarin may help to promote healthy inflammatory responses.* Milk thistle may also promote the production of bile.* The liver produces bile to properly digest dietary fat and properly eliminate toxins from the body.

Silymarin is a fat-soluble compound, meaning it does not easily mix with the watery contents of the digestive tract. However, when silymarin is combined with lecithin, a natural fatty acid, its absorption increases dramatically.* Lecithin is a natural source of phosphatidylcholine, which is found in cell membranes, so it is easily absorbed and integrated into the body's cells.* When combined with lecithin, silymarin may be more easily transported and available to the liver.*

Benefits*

- Supports liver health and function
- Promotes liver detoxification
- Supports healthy inflammatory responses

Recommended Use

Take 1 capsule per day or as directed by your health-care practitioner.

Highlights

- Delivers 140 mg of milk thistle extract (*Silybum marianum*) per serving; standardized to 80% silymarin
- Includes sunflower lecithin for superior absorption*
- Gluten-free, dairy-free, soy-free
- Non-GMO

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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