



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# Silymarin

## INTRODUCED 1997

### What Is It?

Silymarin is a highly concentrated milk thistle extract that supports healthy liver functioning through a number of mechanisms.\*

### Uses For Silymarin

**Liver Support:** Silymarin is a milk thistle extract that nutritionally supports liver function. This highly active botanical protects the liver from free radical damage, supports glutathione concentrations and promotes superoxide dismutase activity. Milk thistle extract also stimulates protein synthesis in hepatic cells. Preliminary evidence suggests that it promotes colon, renal and liver cell health as well.\*

### What Is The Source?

Milk thistle extract is derived from the fruit of *Silybum marianum* and standardized to contain 80% silymarin.

### Recommendations

Pure Encapsulations recommends 1–4 capsules per day, in divided doses, between meals.

### Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Silymarin has been associated with GI discomfort in some individuals, including cramping, flatus, nausea, vomiting, diarrhea or dyspepsia. There is one report of an individual who experienced intermittent episodes of sweating, nausea, abdominal pain, vomiting, diarrhea and weakness requiring hospitalization. Milk thistle should be avoided by individuals with allergies to members of the aster (*Compositae/Asteraceae*) family. Consult your physician for more information.

### Are There Any Potential Drug Interactions?

Some studies have reported that milk thistle can affect the way that the liver breaks down medications metabolized by the cytochrome P450 system, altering the effects of these medications and possibly the dose needed for treatment. Consult your physician for more information.

#### Silymarin

each vegetable capsule contains  v 2  
milk thistle (*Silybum marianum*) extract ..... 250 mg  
(standardized to contain 80% silymarin)  
1–4 capsules per day, in divided doses, between meals.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.



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