

# Milk Thistle 90 capsules



**Recommended Use:** As a dietary supplement, take one capsule per day with a meal, or as directed by your health care practitioner.

## Supplement Facts

Serving Size 1 capsule % Daily Value

Amount Per Serving	140 mg	*
Milk Thistle		
( <i>Silybum marianum</i> )(seed)		
[standardized to contain 80% silymarin]		

\*Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, cellulose (capsule), sunflower lecithin, silicon dioxide, vegetable stearate.

## Overview

Milk Thistle is an effective herb for detoxifying the liver by promoting the flow of bile and protecting hepatocytes. Designs for Health's Milk Thistle is standardized to 80% silymarin. Milk thistle may protect the liver from the normal and inevitable exposure to toxins. The inclusion of lecithin provides improved absorption and additional lipotropic liver support.

Made with non-GMO ingredients.

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