

## MILK THISTLE

### TRADITIONAL INDICATIONS

1. Liver Detoxification
2. Alcoholic Cirrhosis
3. Control or Prevent Type 2 Diabetes Mellitus
4. Improved Insulin Resistance
5. Increase Glutathione
6. Lowering LDL
7. Lower High Cholesterol
8. Kidney Stones
9. Prevent Gallstones
10. Boosts Skin Health



Milk Thistle (*Silybum Marianum*), a member of the sunflower family, has been used by herbalists for more than 2,000 years. The herb is a tall, stocky, plant that grows fruit, and is native to the Mediterranean. It is among the most ancient known herbal medicines.

Milk Thistle is used for Liver diseases, Polycystic Ovarian Syndrome (PCOS) and Diabetes.

Milk thistle is very effective on liver disease, such as fatty liver, hepatomegaly, cirrhosis, and hepatitis C along with other supplements for the best results.

Milk thistle might lower blood sugar in people who have type 2 diabetes.

Milk thistle is very important for PCOS suffers because of hormonal imbalance and infertility concerns due to hormonal functions within the liver. Milk thistle will eliminate toxins and other unwanted chemical from the liver to maintain the metabolism and hormonal balance.

Our supplement Milk Thistle is 500mg standardized to contain 95% Silymarin

### DOSAGE and DIRECTIONS



For Adults 18 yrs or above, one (1) Capsule twice daily (every 12 hours) in empty stomach with lukewarm water.

Please give minimum 30 min to take any food after taking MILK THISTLE.

Take optimum water to enhance elimination of released toxins from the body.

## INGREDIENTS

<b>Supplement Facts</b>		
Serving Size: 1 Capsule (500 mg each)		
Servings per container: 60		
Each Serving contains		%DV
Milk Thistle Seed Extract (Silybum marianum) (Standardised to contain a minimum of 95% Silymarin)	480 mg.	*
Excipients	20 mg.	*
* Daily value (DV) not established.		

## HEALING CRISIS

There is no Healing crisis.