

SILYMARIN

- ✓ **MILK THISTLE EXTRACT**
- ✓ **HELPS HEPATIC FUNCTION**
- ✓ **ANTIOXIDANT ACTION**
- ✓ **INCREASES GLUTATION**

DESCRIPTION

The use of medicinal plants in the treatment of diseases has been reported since ancient times. In the case of liver diseases, it has been shown that several species such as milk thistle extract (*Silybum marianum*) improve liver damage. **SILYMARIN** contains milk thistle extract obtained from the seed of the plant with a silymarin content of 80%.

Milk thistle contains at least seven flavoligands and the flavonoid taxifolin. The hepatoprotective and antioxidant activity of silymarin is due to its ability to inhibit free radicals that are produced from the metabolism of toxic substances (medicines, alcohol, etc...). It is known that the generation of free radicals damages cell membranes and causes lipoperoxidation. Silymarin increases hepatic glutathione and may contribute to the antioxidant defense of the liver. Silymarin has also been shown to increase protein synthesis in hepatocytes.

In conclusion, **SILYMARIN** will help us to a normal liver function thanks to its powerful antioxidant action, protecting us from the free radicals caused by the ingestion of medicines, alcohol and any toxic substance.

INGREDIENTS

Milk thistle extract [*Silybum marianum* (L.) Gaertn 25:1 (seed)] (80% Silymarin), capsule [glazing agent (hydroxypropyl-methyl-cellulose), colour (titanium dioxide)], maltodextrin, anti-caking agents (magnesium salts of fatty acids, silicon dioxide). **WARNINGS:** Store in a cool, dry place. Heat and sunlight may damage the bottle. Keep out of the reach of children. Use this product in conjunction with food as part of a healthy, balanced diet, not as a substitute for such. Don't exceed the recommended daily dosage. May contain traces of **gluten, milk, egg, soy, celery, sulphur dioxide, sulphites, fish, molluscs and crustaceans.**



DIRECTIONS

Take one daily dose (1 capsule).

PRESENTATION

60 capsules.

NUTRITIONAL INFORMATION

Amount per dose	1 capsule
Milk thistle extract	300 mg
- Of which silymarin	240 mg

Recommended daily dose: 1 capsule
Dose per container: 60