

# Milk Thistle

## *Natural support for liver health and detoxification*

Milk Thistle (*Silybum marianum*) is one of the most well-studied botanicals for its role in supporting liver health and function. It helps to promote the production and flow of bile, the enzyme that breaks down dietary fat and helps eliminate toxins from the body. Perhaps, more importantly, milk thistle is useful in protecting the liver cells against damage, thereby ensuring our body's most robust detoxification organ is functioning well.

Silymarin is the most active compound found in milk thistle, concentrated in its fruit and seeds. Our Milk Thistle capsules offer 140 mg *Silybum marianum* seed per serving, standardized to 80% silymarin.

## Superior Liver Protection

Although the liver is involved in over 500 different functions in the body, one of its primary responsibilities is to filter the blood coming from the digestive tract before it enters the body's general circulation. It detoxifies chemicals, pharmaceutical drugs, allergens, alcohol, radiation, and other substances.\* At the same time, it helps to metabolize carbohydrates, fats, and proteins, directing them to the locations where they are required in the body. Since these functions are vital for life, protecting the liver from damage is crucial for good health.

Silymarin has been shown to help maintain the normal growth and function of liver cells. It is a potent antioxidant that neutralizes the effects of damaging free radicals, which accumulate as the liver detoxifies numerous toxins. Not only does it act directly upon free radicals, but it also helps boost the natural antioxidant enzyme systems in the liver to further protect the liver. Toxins can also activate the body's normal inflammatory response system, but silymarin helps to regulate this system so it does not damage liver cells.

## Not all Milk Thistle is Created Equal

Silymarin is a fat-soluble compound, meaning it does not easily mix with the watery contents of the intestine, nor get absorbed into the intestinal cells well. However, when silymarin is combined with lecithin, a natural fatty acid, its absorption increases to nearly 90 percent. 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 complexed with lecithin, silymarin is also more easily tolerated and more effective since a greater amount is delivered to the liver.

## Highlights

- **Standardized to 80% silymarin**
- **Superior absorption and tolerability**
- **Non-GMO ingredients**

### Benefits of Milk Thistle:

- Detoxification
- Protecting liver & supporting liver function
- Helping to maintain healthy blood sugar levels
- Supporting a healthy inflammatory response

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

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



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OR VISIT AT [WWW.EVEXIANUTRACEUTICALS.COM](http://WWW.EVEXIANUTRACEUTICALS.COM).