



# Milk Thistle Complex

Support for Healthy Liver Function\*

Milk Thistle Complex contains a comprehensive mix of potent antioxidant ingredients known to support healthy liver function by promoting the liver's natural detoxification processes.\*

## How Milk Thistle Complex Works

Milk thistle, with additional bioactive silymarin added to the formula, provides extra-powerful antioxidant support.\*<sup>1</sup> Clinical research demonstrates how milk thistle promotes the liver's detoxification processes through free radical scavenging activity.\*<sup>2</sup>

Additional studies also show how the antioxidant capabilities of milk thistle support healthy blood lipid levels already in a normal range by promoting healthy inflammatory markers in the body.\*<sup>3,4</sup>

The formula also includes numerous other ingredients backed by human and animal clinical studies demonstrating their antioxidant properties and positive effects on promoting healthy liver function.\*

N-Acetyl-L-Cysteine, superoxide dismutase, and boron all play a critical role in the liver's detoxification processes by acting as a first line of defense in promoting healthy stress response and supporting healthy glutathione levels.\*<sup>5,6,7</sup>

Turmeric extract, artichoke extract, and beet root powder round out the formula with their potent antioxidant actions.\* Each has shown the ability to help support healthy liver function, promote healthy detoxification, and support healthy blood lipids levels already in a normal range.\*<sup>8,9,10</sup>

## Milk Thistle Complex Supplementation

The ingredients in Milk Thistle Complex are congruous with what research suggests to be effective and safe, particularly for supporting healthy liver function and natural detoxification processes in the body.\*

Clinical evidence and research cited herein shows that the ingredients in Milk Thistle Complex may:

- Promote healthy liver function\*
- Support healthy detoxification processes\*
- Promote healthy stress response\*
- Promote healthy inflammatory markers in the body\*
- Support blood lipid levels already in a normal range\*



Form: 60 Capsules

Serving Size: 1 Capsule

Ingredients	Amount	%DV
Milk Thistle Extract (seed; <i>Silybum marianum</i> ; standardized to 80% silymarin)	375 mg	*
Silymarin (from milk thistle seed extract)	300 mg	*
N-Acetyl-L-Cysteine	50 mg	*
Turmeric Extract (root; <i>Curcuma longa</i> ; standardized to 95% curcuminoids)	25 mg	*
Artichoke Extract (leaf and stem; <i>Cynara scolymus</i> ; standardized to 5% cynarin)	25 mg	*
Superoxide Dismutase (bovine)	5 mg	*
Beet Root Powder ( <i>Beta vulgaris</i> )	5 mg	*
Boron (as boron glycinate) (NovoMin®)	250 mcg	*

### Other Ingredients:

Hypromellose, microcrystalline cellulose, vegetable magnesium stearate, silica.

NovoMin® is a registered trademark of Novotech Nutraceuticals, Inc.

### Directions:

Take one capsule twice daily or as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



GLUTEN-FREE



DAIRY-FREE



NON-GMO



PRODUCED IN A cGMP FACILITY

\* 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.

#### References:

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