

Discover Nature's Answer

and trust  
the Difference...®

The True Nature of Our Standards  
goes way beyond the herb...™

\*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.



Store in a cool, dry place.



NATURE'S ANSWER

Since 1972

# Milk Thistle

Promotes Healthy Liver Function\*

*Silybum marianum*

Minimum  
**140 mg**  
Silymarin

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Dietary Supplement

120 Vegetarian Capsules

Vegan  
Gluten-Free

## Supplement Facts

Serving Size 1 Capsule

### Amount Per Serving

Milk Thistle ( <i>Silybum marianum</i> ) Seed Extract (standardized for 80% Silymarin)	175 mg	†
Milk Thistle ( <i>Silybum marianum</i> ) (seed)	20 mg	†

† Daily Value not established.

**Other Ingredients:** Rice Flour, Vegetable Cellulose (capsule),  
Calcium Silicate.

**Suggested Use:** As a dietary supplement, take one (1) capsule  
three (3) times a day with food or water.

**WARNING: Keep Out of Reach of Children.**

Do not use if safety seal is damaged or missing. If you are pregnant or nursing,  
taking any medications, planning any medical procedure or have a medical  
condition, consult with your healthcare practitioner before use.

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Manufactured by: Nature's Answer®

85 Commerce Drive Hauppauge, NY 11788 USA

For product information, call (800) 439-2324.

[www.naturesanswer.com](http://www.naturesanswer.com)

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