

Milk Thistle Seed

Multiple studies suggest that Milk Thistle supports healthy liver function.* Gaia Herbs concentrates its *Milk Thistle Seed* extract under low temperature and low pressure to preserve the important phytochemical Silymarin. This constituent promotes healthy liver cell production and cholesterol metabolism in individuals with already normal cholesterol levels.*

Suggested Use

Adults take 3 capsules after the evening meal.

Not to be used during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before using this product. Keep away from children. Use only as directed on label. Safety-sealed for your protection. Keep bottle capped at all times and store in a cool, dry place. Natural separation may occur. This does not affect product quality.



Milk Thistle

gaia
HERBS

VALUE
SIZE

Single Herbs

Milk Thistle Seed

Supports healthy
liver function*

meetyourherbs®

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VEGAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

BEST BY
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Supplement Facts

Serving Size 3 Capsules

Servings Per Container 40

Amount Per Serving

Calories	15
Milk Thistle seed extract †	600 mg†
(Silybum marianum)	
(270 mg† Silymarins from Milk Thistle seed)	

† Daily Value not established

Other ingredients: Vegetable glycerin, lecithin (non-GMO), capsule (chlorophyll vegetable cellulose) and water

† = Ecologically harvested

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Each 3 capsules contain 32,400 mg dry herb equivalent.



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*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.