

Milk Thistle has been used for 2,000 years as an herbal remedy for a variety of ailments, particularly liver, kidney, and gall bladder problems.[†] Several scientific studies suggest that substances in milk thistle (especially a flavonoid called silymarin) may help protect the liver from toxins, which can cause liver damage in high doses.[†] Silymarin has antioxidant and anti-inflammatory properties, and it may help the liver repair itself by growing new cells.[†]

[†]These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Warnings: Pregnant or lactating women and people with known medical conditions and/or taking drugs should consult with a qualified healthcare practitioner prior to taking dietary supplements.

Item No. 14094

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GELATIN
CAPSULES



Nature's Lab™

MILK THISTLE EXTRACT

SUPPORTS HEALTHY LIVER FUNCTION[†]



90 EASY-TO-SWALLOW CAPSULES

DIETARY SUPPLEMENT

Suggested Use: As a dietary supplement, take 1 capsule one time daily, preferably with a meal, or as directed by a qualified healthcare practitioner.

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 90

	Amount Per Serving	%DV
Milk Thistle Extract standardized to 80% silymarin (<i>Silybum marianum</i>) (seed)	600 mg	*
Silymarin	480 mg	*

*Daily Value not established

Other Ingredients: Gelatin (capsule), rice flour, magnesium stearate (vegetable source).

Free of: Sugar, Salt, Dairy, Eggs, Peanuts, Tree Nuts, Shellfish, Yeast, Wheat, Gluten, Soy, Corn, Preservatives, Titanium Dioxide, Artificial Colors and Flavors.

Do not use if seal is broken. Keep out of reach of children. Store in a cool, dry place.

Manufactured in a facility that also processes soy, milk, fish and shellfish.

NON GMO AND GLUTEN FREE