



MENTAL REFRESHMENT

PREMIUM BRAND / OPTIMUM RESULTS

MILK THISTLE

Standardized Extract

1000 mg 4X Concentrated Extract

- Supports Liver Function and Health

- Liver Cleanse and Detoxification

- Powerful Antioxidant

Dietary Supplement
200 Capsules



Supplement Facts

Serving Size: 1 Capsule
Serving Per Container: 200

Amount Per Serving	%Daily Value
Milk Thistle Seed Extract (Silybum marianum) (seed) †(from a 4:1 Extract) (Equivalent to 1,00 mg of Milk Thistle)	250 mg **
**Daily Value not established.	

Other Ingredients: Gelatin, Rice Powder.

CONTAINS NO: Artificial coloring, artificial flavor, preservatives, yeast, corn, milk or milk derivatives, lactose, salt, sodium, soy, sugar, gluten, starch or wheat.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT.

WE HAVE ASSAYED & FULLY GUARANTEE THE QUALITY & POTENCY OF THIS PRODUCT.

Manufactured For:
Mental Refreshment Nutrition
Severna Park, MD 21143
www.mentalrefreshment.com

DIRECTIONS: For adults, take one (1) capsule daily before a meal. If necessary, three (3) capsules a day may be taken. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Avoid this product if you are allergic to inulin, ragweed or daisy-like flowers. Discontinue use and consult your doctor if any adverse reactions occur. **Not intended for use by persons under the age of 18.**

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



Manufactured in a
FDA
REGISTERED
facility that conforms
to GMP standards.

