

No Preservatives • No Yeast, Starch or Gluten
 Milk Thistle helps maintain healthy liver function through its antioxidant properties. It is frequently used by people concerned with cigarette smoke, alcohol and other environmental toxins.† Nature Made Time Release Milk Thistle provides all the benefits you have come to expect from our regular herb products with the added convenience of one capsule a day dosing. Nature Made Time Release Milk Thistle provides a 12-hour

Supplement Facts

Serving Size 1 capsule

Amount Per Capsule

Milk Thistle seed extract	280 mg*
(<i>Silybum marianum</i>)	
Silymarin	224 mg*

*Daily Value not established.

release of the herbal benefits you seek at a low cost per day.

Suggested Use: As an addition to the diet, take one capsule daily with water before meals.

Keep out of reach of children. If you are pregnant or nursing, consult a health professional before taking this product.

Color variation is normal in this product. **DO NOT USE IF IMPRINTED SEAL UNDER CAP IS BROKEN OR MISSING.**

Other Ingredients: Cellulose Gel, Gelatin (non-bovine), Silicon Dioxide, Stearic Acid, Water, Dibasic Calcium Phosphate, Ethylcellulose, Hydroxypropyl Methylcellulose, Maltodextrin, Lactose.

Contains: Milk.

Distributed by: **Nature Made Nutritional Products**,
 Mission Hills, CA 91348-9606 U.S.A.

1-800-276-2878 • www.NatureMade.com

Milk Thistle Capsules are made to Nature Made's guaranteed purity and potency standards.

†Valid only for U.S. and Puerto Rico residents.

†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.

NEW LOOK!

List No. 14162
 L300AA
 Cat. A082
 5JG30

Nature Made.

TIME RELEASE

Milk Thistle

280 mg Extract

1 DOSE PER DAY

HERBAL SUPPLEMENT
30 CAPSULES

Helps Maintain
 Healthy
 Liver
 Function†



†Enter Code for Wellness
www.NatureMade.com

FUEL YOUR GREATNESS

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List No.
 Exp. Date