

#1 PHARMACIST  
RECOMMENDED\*

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List No. 14032  
L302  
Cat. 960  
5J030

  
**Nature Made.**

STANDARDIZED EXTRACT

**Milk Thistle**

**140 mg Extract**



HERBAL SUPPLEMENT  
**50 CAPSULES**

Clinically Shown  
to Maintain  
Healthy Liver  
Function†



Enter Code for Wellness  
Rewards Points at  
[www.NatureMade.com](http://www.NatureMade.com)

No Color Added • No Artificial Flavors  
No Preservatives • No Yeast or Starch • Gluten Free

Milk Thistle helps to maintain healthy liver function through its antioxidant properties, and is frequently used by people concerned with environmental toxins found in cigarette smoke, alcohol and pollution.† Milk Thistle is extracted from special hybrid seeds and standardized to an optimal flavonoid level of silymarin including silybinin, silydianin and silychristin.

### Supplement Facts

Serving Size 1 capsule

#### Amount Per Capsule

Milk Thistle seed extract 140 mg\*  
(*Silybum marianum*)

Silymarin (by UV) 98 mg\*

\*Daily Value not established.

**Suggested Use:** As an addition to the diet, take one capsule two times daily with water before mealtimes.

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, Stearic Acid, Gelatin, Water.

Distributed by: **Nature Made Nutritional Products**

Mission Hills, CA 91346-9606, U.S.A.

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

†Based on Pharmacy Times Survey of Pharmacists Recommending Herbal Supplements.

‡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.

Lot.:  
Exp.: