

**Suggested Use:** Take two (2) capsules daily with water or as directed by your health care practitioner.

**TrueMilkThistle™** helps support liver health and antioxidant function.†

- Keep out of reach of children
- Do not use if seal is broken or missing
- Store in a cool dry place



†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.



# TrueMilkThistle™

## Liver Health Support†

525mg Milk Thistle Extract  
Silymarin (420mg)

### Dietary Supplement

60 Veggie Capsules

## Supplement Facts

Serving Size: 2 Capsules  
Servings per Container: 30

	Amount Per Serving
Milk thistle seed extract (80% silymarin yielding 420 mg) (minimum 30:1 extract)	525 mg*

\*Daily value not established.

Other ingredients: Rice flour, hypromellose, vegetable magnesium stearate, and rice hull concentrate.

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Manufactured for and Distributed by:  
**NatureCity®**

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