

## SUGGESTED USE

SHAKE WELL BEFORE USING

Adults: Add 1 squeeze of the dropper bulb to 60 ml of water or juice, 2 to 4 times per day. Best taken between meals. Do not exceed suggested serving size.

Keep out of the reach of children  
Store away from heat & light

**BEST BEFORE,**  
see bottom of bottle

*Silybum marianum*

# MILK THISTLE

PURITY

Broad Spectrum



HERB & PHARM<sup>®</sup>

Let nature be your ally™

HERBAL FOOD SUPPLEMENT

30 ml (1 fluid ounce)

## Milk Thistle Liquid Extract

### Supplement Facts

Serving Size: 0.7 ml

Servings: about 42

Amount Per Serving

% NRV

**Milk Thistle seed**

607 mg <sup>Ⓢ</sup> †

(*Silybum marianum*) <sup>Ⓢ</sup> extract

† Nutrient Reference Value (NRV) not established

Other Ingredients: certified organic cane alcohol (62-72%) & distilled water. **Gluten-Free**

- <sup>Ⓢ</sup> Certified Organic Non-UK Agriculture
- <sup>Ⓢ</sup> Extraction rate 2100 mg herb per 0.7 ml.

Dry herb / menstruum ratio: 3 : 1

**IMPORTED BY: BRAND ORGANIC LTD**  
**20-22 WENLOCK ROAD, LONDON N1 7GU**  
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Certified Organic by Organic Certifiers US-ORG-043

**FOOD SUPPLEMENTS SHOULD NOT BE USED AS A SUBSTITUTE FOR A VARIED AND BALANCED DIET AND A HEALTHY LIFESTYLE.**

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