

Milk Thistle Seed

Multiple studies suggest that Milk Thistle supports healthy liver function.* Gaia Herbs concentrates its Milk Thistle Seed extract under low temperature and low pressure to preserve the important phytochemical Silymarin. This constituent promotes healthy liver cell production and cholesterol metabolism in individuals with already normal cholesterol levels.*

Suggested Use

Adults take 3 capsules after the evening meal.

Not to be used during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before using this product. Keep away from children. Use only as directed on label. Safety sealed for your protection. Keep bottle capped at all times and store in a cool dry place. Natural separation may occur. This does not affect product quality.

Milk Thistle

gaia[®]
HERBS

VALUE
SIZE

Single Herbs

Milk Thistle Seed

Supports healthy
liver function*

meetyourherbs[®]

Enter ID # at GaiaHerbs.com



VEGETARIAN LIQUID PHYTO-CAPS[®]
DIETARY SUPPLEMENT

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Supplement Facts

Serving Size 3 Capsules

Servings Per Container 40

Amount Per Serving

Calories	15
Milk Thistle seed extract †	450 mg†
<i>(Silybum marianum)</i>	
<i>(360 mg† Silymarins from Milk Thistle seed)</i>	

† Daily Value not established

Other ingredients: Vegetable glycerin, lecithin (non-GMO), water, and capsule (chlorophyll vegetable cellulose)

† = Ecologically Harvested

Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712

Each 3 capsules contain 24,300 mg dry herb equivalent.



[007] 828-1114

*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.