

## Suggested Use

Adults take 30-40 drops of extract in a small amount of water 3-4 times daily between meals as needed.

Shake well before using. Not to be used during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before use.

**Keep away from children.**  
Use only as directed on label.

Safety sealed for your protection.

**GaiaHerbs.com**

LOW  
ALCOHOL

# Milk Thistle Seed

500 mg/ml herb equivalency

**gaia**  
HERBS

DIETARY SUPPLEMENT 1 FL OZ (30ML)

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## Supplement Facts

Serving Size 40 Drops (1.33 ml)

Servings Per Container About 23

### Amount Per Serving

|                                       |          |
|---------------------------------------|----------|
| Milk Thistle seed                     | 1.33 ml† |
| extract ▲ ( <i>Silybum marianum</i> ) |          |

|                     |     |
|---------------------|-----|
| Herb Strength Ratio | 1:2 |
|---------------------|-----|

†Daily Value not established

Other ingredients: Vegetable glycerin, water and alcohol USP (<8%).

▲ = Organic Ingredient

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