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product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) softgel twice daily with or without food, or as recommended by a healthcare practitioner. European Milk Thistle is both grown and processed in Europe. This premium quality extract is triple standardized to the main active compound, silymarin, but also standardized to three highly active isomers (silybin, isosilybin A and B).

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

*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.

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LifeExtension®

**European
Milk Thistle**



**Advanced
Phospholipid Delivery***

**Dietary
Supplement**

120 Softgels

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Milk Thistle Phospholipid Proprietary Blend	380 mg **
Milk thistle extract (fruit) [providing 240 mg Silymarin, 90 mg Silybin, 24 mg Isosilybin A and Isosilybin B], phospholipids	
SILIPHOS® Phytosome milk thistle extract (fruit) [providing 23.76 mg Silybin]	80 mg **

**Daily Value not established.

Other ingredients: sunflower oil, gelatin, soy lecithin, glycerin, medium chain triglycerides, purified water, carob color, beeswax.

Contains soybeans.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309
LifeExtension.com

To report a serious adverse event or obtain product information, contact 1-866-280-2852.

Store tightly closed in a cool, dry place.