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No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to ragweed or daisy-like flowers. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.



**TO REORDER PROD. #1944**  
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 Holbrook, NY 11741 U.S.A.  
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 B1940 10E



NUTRITION FROM THE SOURCE™

*Silybum marianum*

# MILK THISTLE

**1000mg**

EQUIVALENT PER SOFTGEL\*

Naturally Derived  
 Directly from the  
 Milk Thistle Seed

**90 RAPID RELEASE SOFTGELS**

Herbal Supplement

CONCENTRATED EXTRACT

**DIRECTIONS:** For adults, take one (1) softgel once or twice daily, preferably with meals.

## Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value
Milk Thistle Extract ( <i>Silybum marianum</i> ) (seed) *(a 4:1 Extract, equivalent to 1,000 mg whole herb)	250 mg **

\*\*Daily Value not established.

Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin. Contains <2% of: Natural Caramel Color, Soy Lecithin, Titanium Dioxide Color.

Contains soy ingredients.

Milk Thistle Extract is derived from the milk thistle seed and has been used in Greek health practices for over 2,000 years.