

SUGGESTED USAGE: Take 1 softgel daily, or as directed by your healthcare practitioner.

HOW IT WORKS: Milk Thistle (*Silybum marianum*) has been used by traditional herbalists for centuries. Silymarin, an extract of Milk Thistle, is composed of a family of flavonoids, including Silybin, with smaller amounts of Silydianin and Silychristin. Milk Thistle has been shown to support the production of glutathione by the liver.* Studies indicate that the constituents in Silymarin may help to support healthy liver function.*

CAUTIONS/INTERACTIONS: Milk Thistle may interact with some drugs, including acetaminophen. May trigger mild, transient GI discomfort. Consult your healthcare practitioner if you are pregnant/nursing or if you suffer from obstruction of the bile ducts, gallstones, or gallbladder dysfunction. Do not take this product if you have an allergy to plants of the Asteraceae family.

***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.**

CODE
P4785

V1



PROTOCOL
FOR LIFE BALANCE®

Extra Strength
**Milk Thistle
Extract**
450 mg / 80%
Liver Support*

- Promotes Glutathione Production*
- Softgels for Improved Solubility

120 Softgels

A Dietary Supplement



Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	5	
Total Fat	0.5 g	< 1%*
Milk Thistle Extract (<i>Silybum marianum</i>) (Standardized to 80% Silymarin Flavonoids) (Fruit/Seeds)	450 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Softgel Capsule (bovine gelatin, water, glycerin, organic caramel color), Organic Sunflower Oil, Sunflower Lecithin and Silica.

Protocol For Life Balance®, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA protocolforlife.com

Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

This Extra Strength product has more Milk Thistle Extract (450 mg per softgel) than our regular strength product (300 mg per capsule).