

# BLESSED THISTLE

Traditionally used in Herbal Medicine as a digestive tonic and bitter to increase appetite and aid digestion (stomachic).

**60 capsules 1 500 mg**

VEGETARIAN | PESTICIDE FREE | GMO FREE

NPN 80073494

**90 capsules 320 mg**

VEGETARIAN | PESTICIDE FREE | SANS OGM

NPN 80004247

Blessed Thistle can accompany the process of digestion by stimulating secretions and promoting nutrient absorption.

## Digestive bitter

Digestive bitters, also known as tonic herbs, or digestive herbs stimulate the digestive system via the vagus nerve, and help improve its functioning.

Bitter are compared to tonics in the case of a disturbed digestive system, since in addition to stimulating secretions, they also promote the assimilation and absorption<sup>1</sup>.

## Health professionals

*Cnicus benedictus* leaves are traditionally used as an ingredient in bitter drinks to stimulate the appetite and promote digestion<sup>2</sup>. Commission E acknowledges the use of the plant to treat loss of appetite. It is generally believed that the bitter principles it contains, including *cnicin*, stimulate the salivary glands and trigger an increased secretion of gastric juices, increasing appetite and promoting digestion<sup>3</sup>.



### MEDICINAL INGREDIENTS

**60 capsules**  
 Blessed thistle  
*(Cnicus benedictus, Sommité (herb top))*  
 ..... 75 mg (20:1, QBE 1500 mg)

**90 capsules**  
 Blessed thistle aerial parts  
*(Cnicus benedictus)*..... 320 mg

### NON-MEDICINAL INGREDIENTS

Cellulose and hypromellose

### RECOMMENDED DOSE

**60 capsules**  
 Adult: 1 capsule, 1-2 times daily

**90 capsules**  
 Adult: 1 capsule 3 times daily

### PRECAUTIONS AND WARNINGS

- Consult a health care practitioner if symptoms persist or worsen.
- Consult a health care practitioner prior to use if you are breastfeeding.

### CONTRAINDICATION

- Do not use if allergic to the Asteraceae / Compositae / Daisy.
- Do not use if you are pregnant.

### KNOWN SIDE EFFECTS

Hypersensitivity may manifest. If this occurs, discontinue use.

### CLASSIFICATION USDA<sup>1</sup>

Règne : *Plantae*  
 Division : *Magnoliophyta*  
 Classe : *Magnoliopsida*  
 Ordre : *Asterales*  
 Famille : *Asteraceae*  
 Genre : *Cnicus*  
 Espèce : *Cnicus benedictus*

Our Blessed Thistle in 60 capsules, also comes in 1500 mg vegetarian capsules of Cnicus benedictus powder.

The recommended dose for the 60 capsules is 1 capsule, 1 to 2 times daily, for a total of 1500 to 3000 mg per day. Because the product features a ratio of 20:1 of the active ingredient, you need to multiply 75 mg X 20 which provides you with a total dose of 1500 mg.

Blessed Thistle product is in the form of 90 vegetarian capsules containing 320 mg Cnicus benedictus powder.

The recommended dose for our Blessed Thistle product is 1 capsule 3 times daily, for a total of 960 mg per day. Splitting of the dosage of 320 mg capsules nevertheless allows convenient use and simple adjustment of the dosage depending on each person.



**LEO DESILETS**

### Léo Désilets Master Herbalist

is an entirely Quebec owned and operated natural products firm based in Scotstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum

Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.

#### RÉFÉRENCES

- <sup>1</sup> Hechtman L. Clinical Naturopathic Medicine. Elsevier. p110. 2012
- <sup>2</sup> Szabó J, et al. The Antimicrobial Activity of the Cnicus benedictus Extracts. Analele Universitatii din Oradea, Fascicula Biologie. Tom. XVI / 1, pp. 126-128. 2009
- <sup>3</sup> Chardon Bénit. Passeport Santé. [http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=chardon\\_benit\\_ps](http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=chardon_benit_ps) (consulté le 15.08.2014)

