

# MILK THISTLE

Traditionally used in herbal medicine as a hepatoprotectant/liver protectant

**90 capsules 250 mg**

**VEGETARIAN | PESTICIDE FREE | GMO FREE**

NPN 80000128



## Milk thistle

Milk thistle is a plant that is native to the Mediterranean Basin and that has become naturalized in North America. Its therapeutic use has been known since ancient times. The Greeks used milk thistle in the treatment of hepatic disorders. In Europe, it was also frequently used in cooking, particularly its leaves, shoots, buds and seeds.

Today, it is traditionally used in the treatment and prevention of liver disorders, such as liver poisoning, hepatitis and also cirrhosis. The active substances in milk thistle can regenerate damaged hepatic tissue and protect the liver against natural and synthetic toxins.

## Silymarin

Silymarin refers to a combination of substances that make up milk thistle, and comprising particularly silibinin. Silymarin was first isolated in 1968 and may be the active substance in the plant that confers its therapeutic benefits.

Today it is used in medicine for the prevention and treatment of hepatic disorders. The plant's active components are not especially water soluble, and infusions and decoctions contain little of the active ingredient. This is why standardized silymarin extracts of 70%-80% are used today.

Milk thistle is offered in vegetarian capsules containing 250 mg of *Silybum marianum* with 80% standardized silymarin.

The recommended dosage of our milk thistle product is 1 capsule 3 times per day, for a total of 750 mg per day. The splitting of the dosage into capsules of 250 mg nevertheless allows the practical use and easy adaptation of the dosage for different persons..

### MEDICINAL INGREDIENT

Milk thistle seed (*Silybum marianum*) normalized at 80% of silymarin.... 250 mg

### NON-MEDICINAL INGREDIENTS

Cellulose, magnesium stearate and hypromellose

### RECOMMENDED DOSE

Adult: 1 capsule 3 time daily with a glass of water. Take for a minimum of 3 weeks to see beneficial effects.

### PRECAUTIONS AND WARNINGS

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

### KNOWN ADVERSE REACTION

Hypersensitivity, such as an allergy, has been known to occur, in which case discontinue use.

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

Règne : *Plantae*  
 Division : *Magnoliophyta*  
 Classe : *Magnoliopsida*  
 Ordre : *Asterales*  
 Famille : *Asteraceae*  
 Genre : *Silybum Adans.*  
 Espèce : *Silybum marianum (L.) Gaernt*

## Professionals

Extensive testing and medical observations have reported on the positive effects of milk thistle for hepatic disorders, particularly in cases of viral and alcoholic hepatitis and cirrhosis. In vitro testing has shown that the active components of the plant may have a role in modulating the activity of cytochromes P450 2C9 and P450 3A4 (liver enzymes), which play an important detoxifying role in eliminating medications from the body. Four clinical trials on healthy human subjects have shown little interaction with medications without clinical consequence, which underscores the safety of using this product.

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### RÉFÉRENCES

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# LEO DESILETS

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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.