

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 absorption¹.

Health professionals

Cnicus benedictus leaves are traditionally used as an ingredient in bitter drinks to stimulate the appetite and promote digestion². 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 digestion³.



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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 USDA¹

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

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RÉFÉRENCES

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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..



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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 USDA¹

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.

RÉFÉRENCES

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FENUGREEK

60 capsules : Used in Herbal Medicine as a galactagogue / lactagogue to help promote milk secretion.

90 capsules : Used in Herbal Medicine as a galactagogue to help promote milk secretion and as supportive therapy for the promotion of healthy glucose levels.

60 capsules 3 000 mg

VEGETARIAN | PESTICIDE FREE | GMO FREE

NPN 80073488

90 capsules 500 mg

VEGETARIAN | PESTICIDE FREE | SANS OGM

NPN 80001398

Galactagogue

These are substances that promote the secretion of milk in nursing mothers. A 2008 literature review examined all publications concerning the insufficiency of milk between 1996 and 2007, and concerned with the feedings of healthy infants born at term in a dozen countries, including Canada. A large percentage of breastfeeding mothers (35% to 44% according to most studies) reports the perception of insufficient milk as the main difficulty and the leading cause of premature weaning.¹

Health professionals

Fenugreek effect on lactation is not clearly explained. Lactation being stimulated by oxytocin, the plant may have a similar² effect. However, other modes of action are envisaged. Fenugreek may well simply stimulate milk production by providing a rich source of fatty essential acids.³ This assumption, however, explain a qualitative improvement more than quantitative. Another explanation is that fenugreek directly increases the amount of breast tissue and thus stimulates lactation. A component of the plant, diosgenin, is in effect considered as a stimulant of the growth of mammary tissue.^{4,5}



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MEDICINAL INGREDIENTS

60 capsules

Fenugreek
(*Trigonella foenum-graecum*, (Seed))
..... 150 mg (20:1, QCE 3000 mg)

90 capsules

Fenugreek seed
(*Trigonella foenum-graecum*) 500 mg

NON-MEDICINAL INGREDIENTS

Cellulose and hypromellose

RECOMMENDED DOSE

60 capsules

Adult: 1 capsule 1 to 2 times a day, totaling 3000 mg a day. The recommended dosage is within the limits set by Health Canada (2-30g of seeds per day).⁹

90 capsules

Adult: 2 capsule 3 times daily with a glass of water.

PRECAUTIONS AND WARNINGS

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

CLASSIFICATION USDA¹

Règne : *Plantae*
Division : *Magnoliophyta*
Classe : *Magnoliopsida*
Ordre : *Fabales*
Famille : *Fabaceae*
Genre : *Trigonella* L.
Espèce : *Trigonella foenum-graecum* L.

One of fenugreek amino acids, 4-hydroxy-isoleucine, could help to regulate blood glucose levels. In several animal studies, this substance stimulated insulin production and improved the sensitivity of the organism to this hormone.^{6,7} By stimulating the endocrine secretion of the pancreas, the insulin tropic property allowed fenugreek to benefit from a renewed interest in the treatment of diabetes, due to the strengthening of the hypoglycaemic effect of galactomannans.⁸

Our Fenugreek in 60 capsules, also comes in 1500 mg vegetarian capsules of *Trigonella Foenum-Graecum* powder.

The recommended dose for the 60 capsules is 1 capsule, 1 to 2 times daily, for a total of 3000 to 6000 mg per day.

Because the product features a ratio of 20:1 of the active ingredient, you need to multiply 150 mg X 20 which provides you with a total dose of 3000 mg.

Fenugreek in the form of 90 vegetarian capsules containing 500 mg of fenugreek seed powder. Splitting of the dosage of 500 mg capsules nevertheless allows convenient use and simple adjustment of the dosage depending on each person.



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RÉFÉRENCES

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