

## Silymarin (Item #3016)

*The Liver's Best Friend*

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Milk thistle has been used medicinally for over 2,000 years, most commonly for the treatment of liver and gallbladder disorders. A flavonoid complex called silymarin can be extracted from the seeds of milk thistle and is believed to be the biologically active component. The terms "milk thistle" and "silymarin" are often used interchangeably. Milk thistle is originally from Europe, but now it is also grown in the United States. Milk thistle's scientific name is *Silybum marianum*. Studies have shown that this milk thistle ingredient promotes the following activities:

- **Liver Cell Growth and Protection** - Silymarin from milk thistle promotes growth of certain types of cells in the liver. Silymarin seems to encourage the liver to grow new cells, while discouraging the formation of inactive fibrous tissue. By changing the outside layer of liver cells, silymarin actually may keep certain harmful chemicals from getting into liver cells.
- **Antihepatotoxic Activity** - Studies suggest that silymarin from milk thistle is capable of blocking various types of toxins from entering and injuring liver cells.
- **Antioxidation** - Milk thistle Silymarin may be an effective "antioxidant," which means milk thistle may help fight a destructive chemical process in the body known as "oxidation." In oxidation, harmful substances produced in the body (called free radicals) can damage cells. Some studies suggest that milk thistle silymarin can prevent these substances from damaging liver cells. Antioxidants are thought to prevent or lessen damage.
- **Inflammation Inhibition** - Milk thistle's Silymarin is thought to prevent inflammation of the liver; Anti-inflammatory effects of silymarin help keep liver cells from swelling after being injured.
- **Immune Builder** - Milk thistle may also cause the immune system to be more active.

**Dosage** Take 2 vegi-capsules 2 times daily or as directed by a qualified health professional.

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### Ingredients Explained

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**Milk Thistle** (*Silymarin Marianum*) - Milk thistles are thistles of the genus *Silybum Adans*, flowering plants of the daisy family (*Asteraceae*). They are native to the Mediterranean regions of Europe, North Africa and the Middle East. Health uses are mostly for chronic liver disease, increasing research is being undertaken on this and other possible medical uses.

**Dandelion Root** (*Taraxacum Officinale*) - Dandelion root is one of the safest and most popular herbal remedies. It's thought to strengthen the entire body, especially the liver and gallbladder, where it promotes the flow of bile, reduces inflammation of the bile duct, and helps get rid of gall stones. This is due to its taraxacin. It's good for chronic hepatitis, it reduces liver swelling and jaundice, and it helps indigestion caused by insufficient bile.

Dandelions are also good for the bladder, spleen, pancreas, stomach and intestines. It's recommended for stressed-out, internally sluggish, and sedentary people.

**Artichoke (Leaf)** (*Cynara Scolymus*) - In Europe, where artichoke leaf has a long history as an herbal medicine, vague digestive symptoms are commonly attributed to inadequate flow of bile from the gallbladder. Evidence tells us that artichoke leaf does indeed stimulate the gallbladder, and the release of bile counteracts excessive stomach acids or excessive fats to cure bloating, belching, and gas. Artichoke leaf may lower cholesterol, but, unlike statin drugs, it will not lower cholesterol below healthy levels.

**Tracite Fulvic Minerals** - A combination of 77 Organic Trace Mineral Elements and Compounds. This combination is in a ratio only found in nature because it is not modified from its natural state. This ingredient will "super charge" your body and assist to metabolize the other nutrients it is taken with.

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## Ordering Information

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**Silymarin (Item #3016)** 100 Vegi-Capsules

Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication  
without first consulting your physician.**

**Required FDA Statement:**

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.