

## Milk Thistle Complex

Support for Healthy Liver Function\*

### Milk Thistle Complex Supplementation

Milk Thistle Complex contains a comprehensive mix of potent antioxidant ingredients known to support healthy liver function by promoting the liver's natural detoxification processes.\*

The ingredients in Milk Thistle Complex are congruous with what research suggests to be effective and safe, particularly for supporting healthy liver function and natural detoxification processes in the body.\*

Clinical evidence and research cited herein show that the ingredients in Milk Thistle Complex may:

- Promote healthy liver function\*
- Support healthy detoxification processes\*
- Promote healthy stress response\*
- Promote healthy inflammatory markers in the body\*
- Support blood lipid levels already in a normal range\*

### How Milk Thistle Complex Works

Milk thistle, with additional bioactive silymarin added to the formula, provides extra-powerful antioxidant support.\*<sup>1</sup> Clinical research demonstrates how milk thistle promotes the liver's detoxification processes through free radical scavenging activity.\*<sup>2</sup>

Additional studies also show that the antioxidant capabilities of milk thistle support healthy blood lipid levels already in a normal range by promoting healthy inflammatory markers in the body.\*<sup>3,4</sup>

The formula also includes numerous other ingredients backed by human and animal clinical studies demonstrating their antioxidant properties and positive effects on promoting healthy liver function.\*

N-acetyl-L-cysteine, superoxide dismutase, and boron all play a critical role in the liver's detoxification processes by acting as a first line of defense in promoting healthy stress response and supporting healthy glutathione levels.\*<sup>5,6,7</sup>



GLUTEN-FREE



DAIRY-FREE



NON-GMO



cGMP FACILITY

## How Milk Thistle Complex Works Continued

Turmeric extract, artichoke extract, and beet root powder round out the formula with their potent antioxidant actions.♦ Each has been shown to help support healthy liver function, detoxification, and blood lipid levels already in a normal range.♦<sup>8,9,10</sup>

# Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 60

	Amount Per Serving	%DV
Milk Thistle Extract (seed; <i>Silybum marianum</i> ; standardized to 80% silymarin)	375 mg	*
Silymarin (from milk thistle seed extract)	300 mg	*
N-Acetyl-L-Cysteine	50 mg	*
Turmeric Extract (root; <i>Curcuma longa</i> ; standardized to 95% curcuminoids)	25 mg	*
Artichoke Extract (leaf and stem; <i>Cynara scolymus</i> ; standardized to 5% cynarin)	25 mg	*
Superoxide Dismutase (bovine)	5 mg	*
Beet Root Powder ( <i>Beta vulgaris</i> )	5 mg	*
Boron (as boron glycinate)	250 mcg	*

**Other Ingredients:** Hypromellose, vegetable magnesium stearate, silica, microcrystalline cellulose.

**Directions:** Take one capsule twice daily or as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

### References:

1. Abenavoli L et al. *Phytother Res.* 2010;24(10):1423-32.
2. Guo Y et al. *Pharm Biol.* 2016;54(12):2995-3000.
3. Huseini HF et al. *Phytother Res.* 2006;20(12):1036-9.
4. Feng B et al. *Free Radic Res.* 2016;50(3):314-27.
5. Khoshbaten M et al. *Hepat Mon.* 2010;10(1):12-16.
6. Ighodaro OM & Akinloye OA. *Alexandria J Med.* 2018;54(4):287-293.
7. Balaban B, & Balaban T. *Biol Trace Elem Res.* 2015;167(2):259-63.
8. Mansour-Ghaneaie F et al. *Integr Med Res.* 2019;8(1):57-61.
9. Panahi Y et al. *Phytother Res.* 2018;32(7):1382-1387.
10. Lorzola IM et al. *Nutrients.* 2018;10(7):872.

♦ 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.

For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)