

Milk Thistle

Milk thistle has been used for over 2000 years in traditional herbal remedies. It's widely known as a hepatic protectant and has been used to support the gall bladder and gastrointestinal function. Precision Health's product line focuses on bioavailability and this is why our **Milk Thistle** has been spagyrically processed. This holistic way of processing ingredients allows for the purification and amplification of the original substance. Our liquid **Milk Thistle** provides you with a powerful, stable and extremely bioavailable botanical! It is also an ingredient in our spagyrically processed botanical combination **Hepatic+**.

Milk thistle is the most researched plant for the treatment of liver disease. The main active ingredient in milk thistle is silymarin, a mixture of three flavonolignans- silybin, silydianin and silycristin and it acts as an antioxidant by reducing free radical production. Free radicals are unstable atoms and if the body is unable to regulate them (known as oxidative stress), they can adversely alter lipids, proteins, DNA and trigger a range of diseases. Oxidative stress is also highly indicated in liver disease. Antioxidants are very beneficial as they protect your body from free radicals!

Milk thistle is known to have many additional properties and they include:

- Anti-inflammatory
- Antiviral
- Reduce cholesterol
- Healthier skin
- Support weight loss
- Neuroprotective
- Boost breast milk production
- Lower blood sugar



Milk Thistle Fruit
(Silybum Marianum Gaertn.)

Milk thistle has also been seen to limit certain cancer cells and may improve side effects from treatments. It's also been used to support patients working with alcohol abuse and autoimmune disease. Medical research also suggests that milk thistle, combined with traditional treatment, can improve diabetes as it reduced blood sugar levels and showed an improvement in cholesterol in type 2 diabetes patients.

Wrap all this up in a spagyrically processed botanical and you are sure to have a powerful tool to assist your practice!

References:
<https://www.medicalnewstoday.com/articles/320362#ten-health-benefits-of-milk-thistle>
<https://www.healthline.com/nutrition/milk-thistle-benefits>
https://www.healthline.com/nutrition/milk-thistle-benefits#TOC_TITLE_HDR_8
<https://www.webmd.com/digestive-disorders/milk-thistle-benefits-and-side-effects>



Food Supplement
 Directions: 25 drops
 twice per day in water
 or as directed by your
 health professional.
 Shake well

INGREDIENTS 50 drops: 2ml/NRV%

Spagyrically processed: Milk Thistle
 Fruit (Silybum Marianum Gaertn.)
 400mg/*

Other ingredients: Water, Ethyl Alcohol
 40%, Grape Juice

*NRV not established 50ml e

Gluten/Lactose Free & Vegan

This information is limited to healthcare professionals for clinical research purposes only. These statements have not been evaluated by the MHRA. Food supplements are not a substitute for a varied balanced diet and healthy lifestyle. Ask a health professional prior to use if pregnant, breast feeding, taking medication or under medical supervision. Do not use if seal is broken. This product is not intended to diagnose, treat, cure or prevent any condition or disease. Store in a cool dry place away from sunlight and reach of children.