

Milk Thistle 3000mg

Premium Grade (as 100mg extract)

Presentation

A light brown speckled round clear coated tablet.

Each tablet delivers:

Milk Thistle (as 100mg extract)	3000mg
Providing Silymarin	80mg

Tableted with:

Calcium Carbonate, Cellulose, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin), Crosslinked Cellulose Gum.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8589



Uses

It takes a full 3 grams of whole milk thistle herb to produce 100mg of milk thistle extract, the amount found in just one of our tablets. We use a standardised extract from mature seeds, with a guaranteed level of 80mg silymarin per tablet.

Silymarin is the active principle from the fruit of milk thistle (*Silybum marianum*). Milk thistle is one of the most extensively studied herbs in use today, with over 300 scientific studies on its chemistry and application, and is widely recommended by practitioners.

Our convenient one a day Milk Thistle tablets are suitable for vegetarians and they are made in the UK to pharmaceutical standards of GMP.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

Store in a cool dry place and protected from sunlight.

Legal category

Food supplement.

