Milk Thistle Plus

with Phyllanthus and Dandelion

Milk Thistle Plus provides significant amounts of three important herbs for supporting optimal liver function.* The liver is the main metabolic processing organ in the body, and it performs the crucial task of disarming of common toxins ingested from air, water, food, drugs, or created from the body's metabolism, so they can be safely eliminated. The liver also manufactures bile, which is then stored in the gall bladder. The detoxification process of the liver works in two phases. The first, called the mixed-function oxidase system, oxidizes common toxins that we come into contact on a daily basis, often creating molecules more toxic than the original molecules. The second phase, called the conjugation phase, converts the toxic metabolites from phase I into harmless molecules, such as glucoronides, ester sulfates, and glutathione conjugates.

Key Features

- Provides synergistic hepatosupportive effect of three powerful herbs in one formula*
- Provides support for phase II liver detoxification and glutathione efficiency*
- Supports liver, kidney, gall bladder and digestive functions*

SKU #70750
120 vegetarian capsules

Milk Thistle Plus

Milk thistle grows all over the globe, including Europe, Asia, and the Americas. Although farmers sometimes consider it a noxious weed, it has a long history of use for liver support.* Modern research confirms that milk thistle may offer significant protection for the liver.* It has been shown to help support the health of the liver.* It stimulates the flow of bile and urine, aiding digestion and the excretion of toxins from the body.* Silymarin, a mixture of various flavonolignans, is the major active component of milk thistle and is typically standardized for best results. Silymarin protects hepatocytes through an action on their membranes, stimulates hepatic protein synthesis, inhibits lipoxygenase, functions as an antioxidant, and supports phase II liver detoxification by preventing glutathione depletion.*

The **Phyllanthus** genus encompasses more than 600 species, found throughout the tropics and subtropics from Asia to the Americas. The species *Phyllanthus amarus*, *P. niruri* and *P. urinaria* are closely-related in appearance, phytochemical structure and history of use. (Some experts now classify *P. amarus* as a type of *P. niruri*.) They have been utilized by traditional healers all over the world, and their common names include chanca piedra, quebra pedra ("stone breaker" or "shatter stone"), bahupatra, and bhoomi amalaki.* Phyllanthus has long been used in Ayurvedic medicine and by native healers in South America, primarily to support the biliary and urinary systems, including the gall bladder, kidney and liver.* Researchers in China, India and Great Britain confirm that phyllanthus has significant hepatosupportive properties.* Phyllanthus may also support aspects of the immune system.* Brazilian researchers showed in 1990 that tea made from phyllanthus increased sodium and creatine excretion.* A 1999 *in vitro* clinical study demonstrated the inhibition of calcium oxalate crystal formation, and a 2002 *in vivo* study confirmed the inhibition of the growth of the matrix calculus.* Active ingredients in phyllanthus include the lignans phyllanthine, phyllanthenol, phyllochrysine, phyltetralin, and hypophyllanthine; the bioflavonoids quercetin, quercetol, quercitrin, rutin; and alkaloids, glycosides, saponins, and catechins.

Dandelion is found all over the world, and has traditionally been used both for food and to support health.* Traditionally it has been used to support liver, gall bladder and digestive function, and to promote healthy skin.* It enhances bile production in the liver and its release from the gall bladder, and can have a mild diuretic and laxative action.*

These actions together give dandelion a remarkable cleansing effect in the body, supporting detoxification as well as improving the absorption of nutrients.* The active constituents characterized so far include taraxacerin, taraxacin, inulin, laevulin, and resins, carbohydrates, flavonoids, unsaturated fatty acids and other nutrients.

Supplement Facts

Serving Size	1 Capsule
Servings Per Container	120

Amount Per Serving	% Daily Value
Phyllanthus amarus (Leaf) Extract 200 mg	†
Milk Thistle (Seed) Extract (standardized to 80% Silymarin) 200 mg	†
Dandelion (Root) Extract 200 mg	†

† Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-leucine.

Suggested Use: As a dietary supplement, 1 capsule two or three times daily with meals, or as directed by a healthcare practitioner.

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