

## Product Profile

# MILK THISTLE

*Silybum marianum*

Liquid extract dried mature seed.

**Actions:** Hepatoprotective (protects liver from toxins) and liver restorative. Tonic to spleen. Rich in antioxidant flavonoids. Vascular tonic.

**Uses:** Inflammatory, infectious and degenerative liver diseases. Protects liver from toxic drugs, chemicals and pollutants. Swollen spleen. Supportive therapy for asthma. Degenerative disorders of blood vessels; varicose veins; hemorrhoids.

**Dose:** Take 30 to 40 drops, 2 to 4 times per day.

**Cautions:** None known.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

\*This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.