

Milk Thistle

The liver is involved in a range of bodily functions and is often overworked and by supplementing with Milk Thistle you are giving it a much needed helping hand. Its numerous roles include: breaking down and detoxifying pollutants (such as alcohol and nicotine) that enter the blood stream, converting and storing nutrients and producing bile. But excessive alcohol intake and general unhealthy lifestyles can hinder the liver's ability to do so. Each Milk Thistle Extract High Strength (380mg) tablet contains 380mg of standardised Milk Thistle extract, providing 304mg Silymarin.

Benefits:

- Encourages the growth and replenishment of strong liver cells.
- As a result can help protect against liver damage from alcohol nicotine and pollutants in general.
- Has powerful antioxidant properties.
- Aids digestion by stimulating the gall bladder. Buy Milk Thistle from one of our approved suppliers online now!