



## Name Milk Thistle

### Caps

Code	Size	Duration
C52-54	54 Capsules	Usually lasts 18 days
C52-100	100 Capsules	Usually lasts 33 days
C52-200	200 Capsules	Usually lasts 65 days

### Area concerned

Liver, gall bladder, detox

**Ingredients** Milk thistle 325mg (min per capsule)

### Description

With so much pollution and stress in everyday life, it becomes more and more important to support the liver. Milk thistle is thought by many to be one of the best herbs for this purpose. It has certainly become one of the most popular herbs in the UK over the past few years. The liver is involved in energy production, the process of 'Detox', hormone regulation and vitamin production and storage. Helping the liver can only help to make sure these functions are all performed as they should be, helping to keep us fit and healthy. For a more holistic approach to liver care, use the **90-day Liver Programme** which includes **Milk Thistle Capsules or Drops**. This programme will give a great deal of support to the liver over an extended period. Helping this major detox organ is a great help to many people.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. There are no known reasons not to take **Milk Thistle Capsules or Drops** every day for an extended period of time if desired.

### Cautions

None.

### Companion Products

90-day Liver Programme; Detox Capsules, Drops or Tea; Dandelion Drops; Dig Capsules, Drops or Tea; Liv Drops or Tea; Milk Thistle Drops; Wild Yam Root Capsules or Drops.

### Caps

### Drops

Code	Size	Duration
D24-50	50ml	Usually lasts 28 days
D24-100	100ml	Usually lasts 55 days
D24-200	200ml	Usually lasts 109 days

### Area concerned

Liver, gall bladder, detox

### Ingredients

Milk thistle fluid extract only

### Description

A very popular herb in the UK, **Milk Thistle Capsules or Drops** are known as a very safe and beneficial support for the liver. Many people decide that they will benefit from a course of this product for 3-4 months to help keep them healthy.

Also see *Description* opposite.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. There are no known reasons not to take milk thistle every day for an extended period of time if desired. Or try the **90-day Liver Programme** for more holistic support of the whole liver and gall bladder area.

### Cautions

None.

### Companion Products

90-day Liver Programme; Detox Capsules, Drops or Tea; Dandelion Drops; Dig Capsules, Drops or Tea; Liv Capsules or Tea; Milk Thistle Capsules; Wild Yam Root Capsules or Drops.

### Drops