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Milk Thistle Extra Strength

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MILK THISTLE EXTRA STRENGTH

'Just Once Daily' Convenience
Supports Liver Health*
More Bioavailable Patented Extract

BENEFITS: Yerba Prima Milk Thistle Extra Strength is more than four times stronger and more bioavailable than Silymarin milk thistle seed extract. It contains clinically proven milk thistle seed extract plus the assimilation boosting nutrient Bioperine® black pepper extract.

Our patented extract has been clinically shown to protect the liver and promote proper liver function.* In today's polluted and fast paced society, the liver takes on ever greater significance for maintaining our overall health. The liver is our primary organ for detoxification of substances taken in from outside the body and also harmful substances created within the body. In addition, the liver is involved in the body's energy production, nutrient assimilation, fat digestion, hormone balance and much more. Extra liver support is especially needed by people who: drink alcoholic beverages, are under a lot of stress, take prescription or other drugs, smoke cigarettes, or are exposed to chemicals in the workplace or in the home.

Milk Thistle Extra Strength promotes liver health by stabilizing liver cell membranes, by protecting liver cells from damage due to alcohol, chemicals and other toxins through its strong antioxidant effects in the liver, and even by helping to rebuild normal healthy liver tissue.* Milk Thistle Extra Strength contains a patented extract standardized to 33% silybin in a special high-absorption phosphatidylcholine matrix. Studies have shown that this patented milk thistle seed extract is 4 to 20 times more bioavailable than regular Silymarin milk thistle seed extract.

Maximum Absorption: Milk Thistle Extra Strength provides maximum absorption. Our Extra Strength formulas are made with standardized herbal extracts, which are assimilated more completely than common powdered herbs. Bioavailability of our Extra Strength herbs is further boosted by the addition of a patented black pepper extract, Bioperine®. Clinical research has shown that Bioperine® improves nutrient absorption by up to 60%. As part of our Extra Strength formulas, it actually increases the amount of herb crossing the intestinal lining into the bloodstream. What this means to you is greater absorption, which

equals greater benefits.

Convenience and Great Value: Our Extra Strength formulas give the convenience of taking one capsule per day for normal use. This makes it easy to use them consistently for their full benefits. Many products that need to be taken several times a day are not used with proper regularity, resulting in a loss of benefits. In addition, our Extra Strength herbs are a great value. A bottle of Extra Strength herbs may last two, or even three times a long as regular strength herbs with only a small increase in price. The greater absorption provided by our Extra Strength formulas adds even more to the value.

SUGGESTED ADULT USE: Normal Use: 1 or 2 capsules daily. Intensive Use: 3 - 4 capsules twice a day. For maximum absorption, take on an empty stomach. If there is any digestive upset, take with food. Milk Thistle Extra Strength can be used either short term for a quick liver cleanse or long term on a daily basis to help maintain liver health.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size 1 capsule
Servings per container: 50

Each capsule contains	**% Daily Value***
Milk thistle seed extract (standardized to 33% silybin in a high-absorption phosphatidylcholine matrix)	80 mg*

*Daily Value not established

Ingredients: Patented Milk Thistle seed extract 33% silybin, Bioperine® black pepper extract, cellulose, USP Kosher gelatin capsule.

Bioperine® is a trademark of Sabinsa Corporation.