



# Milk Thistle 30 Capsules Nutrabasics Drasanvi

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## Description

Milk thistle is used to support liver health, and contributes to its protection and to detoxify it. It is a wild plant that grows abundantly in European countries and has a striking floral head. When the plant is flowering, the seeds, found in the head of the flower, are collected. They are rich in silymarin.

## Ingredients

Milk thistle dry extract (Seed) (*Silybum marianum* (L.) Gaertner, Ratio 40:1, 80% silymarin, 16% silibin, silidianin, and silichristine ) 250 mg, Bulking agent (Microcrystalline cellulose) , Casing (Hydroxypropyl Methylcellulose) , Bulking agent (Magnesium salt of fatty acid) , Anti-caking agent (Silicon dioxide)

## Directions

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Take one capsule daily, after one of your main meals.

## Presentation

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Contains 30 capsules, 496 mg each. Total weight: 15 g (0.52 oz)

## Warnings

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Food supplement based on plants.

Food supplements should not be used as a substitute for a balanced diet. Do not exceed the expressly recommended daily dose. Keep out of the reach of younger children. Store in a cool, dry place.

## Additional Information

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### **The use of dry extract**

We use dry plant extract instead of powdered plant extract in our milk thistle capsules. This allows us to concentrate the product, giving exactly the same results just using less of it. For this product we have chosen milk thistle extract with a ratio of 40:1, which means that we have used 10000 mg of the plant to obtain 250 mg of the extract. "Dry extract" refers to a specific extraction process, during which the active ingredients are retained, while the impurities and other substances that are not needed are removed. The use of plant extracts has a number of advantages over vegetable-based and powdered forms:

1. It is possible to measure the exact amount of active ingredients (standardised extracts)
2. Products based on plant extract are more concentrated than those made from powdered form (a concentrated dose is easy to take)
3. The assimilation of the active ingredients alone is easier than the assimilation of all of the compounds of the plant because there are impurities and fibre present in the powder.

## **Standardised extracts**

Another important advantage of our product is the use of standardised extract, i.e. the provision of active plant ingredients remains constant over time. In the case of milk thistle, this extract is silymarin and it provides you with 200 mg per daily dose.

## **Concentrated dose, easy to take**

The use of concentrated dry extract and active ingredients allows us to provide the same dose in just one capsule.

## **Vegetable-based capsules**

The capsules we use are vegetable-based, made from hydroxypropyl methylcellulose, and have been certified by the Vegetarian Society. Hydroxypropyl methylcellulose is obtained from the cellulose found in various plant structures.

## **Free from allergens**

We have ensured that our milk thistle capsules have not come into contact with the most common allergens, in particular with gluten.

## **Blister packs**

Our milk thistle capsules come in blister packs: they protect the contents from any knocks as well as from environmental factors, ensuring that the product remains intact for as long as possible. This type of packaging is the best for protection against humidity and microbial contamination.

# Allergen Information

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Allergen-free

# Certifications

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