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product info

Read the entire label and follow the directions carefully prior to use.

**DIRECTIONS:** Take two (2) softgels daily, in divided doses, with or without food, or as recommended by a healthcare practitioner. European Milk Thistle is both grown and processed in Europe. This premium quality extract is standardized to provide the main active compound, silymarin, along with highly active isomers silybin and isosilybin A & B.

Store tightly closed in a cool, dry place.

#### WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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

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# LifeExtension®

## European Milk Thistle



### Advanced Phospholipid Delivery\*

Dietary  
Supplement

120 Softgels

### Supplement Facts

Serving Size 2 Softgels • Servings Per Container 60

Amount Per Serving	% Daily Value
Milk Thistle Phospholipid Proprietary Blend	760 mg **
Milk thistle extract (fruit) [providing 480 mg silymarin, 180 mg silybin, 48 mg isosilybin A and isosilybin B], phospholipids	
SILIPHOS® phytosome milk thistle extract (fruit) [providing 47.52 mg silybin]	160 mg **

\*\*Daily Value not established.

Other ingredients: sunflower oil, gelatin, glycerin, purified water, carob color, beeswax.

Manufactured for:  
Quality Supplements and Vitamins, Inc.  
Ft. Lauderdale, FL 33309  
LifeExtension.com

To report a serious adverse event or obtain product information, contact 1-866-280-2852.