

USAGE: Take 1 to 3 capsules per day or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Jarrow Formulas® Milk Thistle (*Silybum marianum*) 30:1 extract is standardized to contain 80% **total Milk Thistle seed flavonoids**, including the important **Silymarin** fractions isosilybinins A and B, silybinins A and B, silychristin and silydianin.

This particular group of flavonoids, collectively known as Silymarin, supports liver function by helping to maintain protective glutathione levels.*

Keep out of the reach of children.
Store in a cool, dry place.

* 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.



Lot #. Best Used Before:

Jarrow
FORMULAS

Milk Thistle

Standardized
Silymarin Extract 30:1

Supports Liver Function*

150
MILLIGRAMS

100
VEGGIE CAPS

DIETARY
SUPPLEMENT



www.nsfnongmo.org

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 100

	Amount Per Serving	% DV
Milk Thistle Seed 30:1 Extract (<i>Silybum marianum</i>) (80% [120 mg] Total Flavonoids)	150 mg	†

† Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of hydroxypropylmethylcellulose.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Suitable for vegetarians/vegans.

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
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