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Buying Using

Product

what It Is
What It Is
What It Does
Quality Concerns and What CL
What CL Found
Test Results by Product
What to Consider When Buying
What to Consider When Using
Concerns and Cautions
Full list of Ingredients by P
How Products Were Evaluated
What It Is:
The ripe seeds of the milk the
One of the most important consists of (silybin). eeds of the milk thistle plant (Silybum marianum) most important constituents of milk thistle is s several constituents, the most prominent of whi num) are used medici is silymarin, which which is silybinin ially itse

What It Does:
Diabetes:
The silymarin component of n
and LDL cholesterol levels w
diabetes. It has also been s
coexisting diabetes and alco of milk thistle may decrease blood sugar, ils when used with conventional therapy in en shown to reduce insulin resistance in palcoholic cirrhosis. , hemoglobin A n people with people with A1c

1.S.D. iseases of th ilymarin is tiver disease the Liver: s thought to lse has been m o act a se נם liver-protectant. However, evidence of σ enefi 3

One preliminary study of a specific silibinin preparation improved liver function in people with chronic active hepatitis. However, most studies in patients with hepatitis B or C have generally not shown an improvement in mortality or liver function using milk thistle or preparations of milk thistle. Similarly, in alcoholiliver disease, some preliminary clinical studies suggested that milk thistle might improve liver function and mortality. However, an analysis of several studies did not show a significant effect.

SSP reliminary evidence suggests that milk thistle ilymarin may protect the liver against damage cuch as acetaminophen and phenytoin (Dilantin). extract standardized from certain toxins, d to 70% -including 80% drugs

Administered intravenously (IV) by Amanita phalloides mushroom readily available in the U.S.), silybinin (death cap) may lessen – although liver this] damage due IV preparati i to poi 1 S soni

Other: silybinin cancer, es n is under especially is. investigation prostate canc cancer for Sn æ **...**. 3 preventing 9 treati ng vari sno of

information about sop age see What to Consider when using secti

Quality Concerns and What CL Tested for:
Most clinical studies of milk thistle's effectiveness have used specific dry
extracts standardized to approximately 70 - 80% silymarin on a weight basis.
ConsumerLab.com purchased and tested milk thistle products to determine which
extracts on the market contained this level of silymarin. Milk thistle is also
available in non-concentrated, seed powder form containing at least 1.5% silymari
and such products were also purchased and tested. \supset

All products supplements. to properly b were . Table break e also let and et and apart tested for lead code caplet products tor absorption. contamination, a were additional Liquid products آم الا s this can ly tested the standard and standard controls and standa s can occur sted for the standard cap thei caps herba abilii les do ţ not

ö they w.]] qui (오 thi lyr ര്ഗ <u>:</u> æ thei conten

two contained ; failed to pro ned the provide

Whole silymarin -ians for Among nine milk thistle supplements selected for testing, only two contains expected amounts of silymarin compounds. The following products failed to perfect the expected amounts of silymarin:

Enzymatic Therapy™ Milk Thistle X — only 59.2% of its claimed silymarin Nature's Apothecary® Milk Thistle — only 19.5% of the expected silymarin Planetary Herbals™ Full Spectrum™ Silymarin 80 — only 64% of its expected Rainbow Light® Milk Thistle Plus — 83.8% of its claimed silymarin. It also 1.1 mcg of lead per daily serving, exceeding the State of California limit Rite Aid Milk Thistle 200 mg contained only 65.8% of its claimed silymarin Whole Foods™ Standardized Milk Thistle 100 mg contained only 64% of its claimed silymarin (normally, the from further the health® Milk Thistle did he seed), thus violating revi seed), €W. not identify FDA labeling the part of requirements) of milk s and thistle utili: disqualifying claime contained ilymari ze i \supset

e product was sting: It pass contents. s sold in ssed this SI tablet form and, analysis, showing therefore, underwent that it broke apart disintegrati properly to rel

The suggested daily doses of products varied widely. Among products that passed testing (including two others that passed the same evaluation through ConsumerLab.com's Voluntary Certification Program), daily amounts ranged from 19 to 1,200 mg of silymarin. With such a wide range, it is important to choose a product with the amount appropriate to your needs. These levels are often a function whether the milk thistle used was a concentrated extract or non-concentrated powder/meal. For more information about this see the ConsumerTips™ section. a function 15 seed

Test Results by Product:
Listed alphabetically below are the test results for eleven milk thistle |
Nine were selected by ConsumerLab.com and two others (each indicated with
asterisk) are included for having passed the same evaluation through
ConsumerLab.com's Voluntary Certification Program). Also listed is one processimilar to one that passed but sold under a different brand name. product products

The full list of ingredients is available for each product by clicking on the wo "Ingredients" in the first column. Products listed as "Approved" met their label claim and ConsumerLab.com's standards for milk thistle products (See Passing Sco Score) word

RESULTS OF CONSUMERLAB.COM TESTING OF MILK THISTLE SUPPLEMENTS Click on beneath a product name to find a vendor that sells it. To find retailers that sell some of the listed products click her Product Name, Claimed Amount and Type of Milk Thistle per Unit, Soft Silymarin, and Suggested Dose on Label Standardized

Manu-facturer) Claimed (Suggested APPROVED (Passed) Click on Company (Dist. = Mfd. putor . ල Ingr 9 or Minimum Label (mg) éd: ients" Expected OVERALL Listing (E)1 Am Amount of ס

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NOT APPROVED

(See How Products Were Silymarin Purity (Lack mination) Disintegrated Properly (NA = Not Applicable. Were (Lack Evaluated) of Lead Co Conta-Contai ined \Box aimed 9 Minimum Expected Amount of

only app1i es to table: ţs and caplets)

General
designs for he
Ingredients D
NOT APPROVED
Did not list p
NA ® Milk by Des S This: signs for (140 mg . Health per o capsulo 112 m лe mg ⊙<u>@</u> silymarin] 1 per

plant part); } Z

Enzymatic 1 ultracap, (Ingredients Mfd. by En NOT APPROV Therapy™ M-6 per day) ts ′ <u>≤</u>. 긎 Thistle 걸 (150)mg S tandardiz ed extract [80% silymari 3 per

by Enzymatic TAPPROVED Found Therapy, d only 59. Inc. 7. 2% of 20 mg (C) claimed silyma

Gaia Herbs Liquid Ph capsule, 3 per day) Ingredients Dist. by APPROVED φ Phyto-Caps Gaia Herbs ᇑ╎ 360 This Ξg itle ට S eed (150)mg extract [80% S <u>.</u> ت per

₹

Nature's Apothecary® Milk ThemL per day)
Ingredients
Mfd. by Nature's Apothecary
NOT APPROVED Found only 19. 닭. stle (equivalent ţ 500 рm S ěd ರ õ 7 ∄ 0 ₼ 二. qui Ф

5% of expected g (E)1 ilymari

Nature's Way® Thisi 2X (175 mg extract Ingredients [80% SS tandardized Milk capsule Ξ ω ω Extract |
per day) Maximum Absorption Formul

Dist. by APPROVED Nature' S Way 420 mg ල

N

Planetary Herbals™ Full Spectrum™ Silymarin 80 ™ 260 m silymarin] and 50 mg organic seed per tablet, 1-2 per of Ingredients Dist. by Planetary Formulas 168.7 mg - 337 NOT APPROVED Found only 64% of expected silymarin ' 260 mg (210 '2 per day) j_- 337.5 mg ($\widehat{\mathbb{H}}$ mg ര extra 5

 $\frac{2}{5}$

Rainbow Light® Milk Thistle Plus™, (500 mg of 4:1 extr silymarin] per tablet, 3 per day) Ingredients Dist. by Rainbow Light Nutritional Systems NOT APPROVED Found only 83.8% of claimed silymarin Found 1.1 mcg lead per daily serving extract 150 [providi ල gn 50 mg

Rite day) Ingredients APPROVED <u>₹</u> Dist. Thi Found S ģ ╧ y Rite only (Ø 200 65.8% mg (200 Corporation 6 of claimed mg mi]k g ext thi act silymarin 160 mg S 5t1e [80% S 480 ilymari pe 7 capsul æ ۲ Û per

irader Darwin's 1-6 per day) Ingredients Dis APPROVED Dist. φ ᄌ thi S Ξ Joe' æ 50 S 200 (250 mg extract mg <u>...</u> |--- œ 8 silymarin] per capsule

Vitamin World® Silymarin Milk Thistle 1 1,000 mg seed per softgel, 1-2 per day) Ingredients Dist. by Vitamin World, In APPROVED Inc 1000 ``* 15 mg mg (250)ı 30 mg mg of. (E)1 ρ \vdash extract equiva æ

Capsu.., Ingredients + by wh whole apsule, 4-6 Foods[™] Standardi; per day) zed <u>M: 1</u>k Thistle 100 mg (100)mg extract [80% silymari per

by whol e Foods 320 Found only 64% 480 % of mg (C) claimed ilymarin

APPROVED S

Simla, Pride to 1,000 mg seed Ingredients

Mfd. by Puritan o Approved Products*** Pride® Silymarin Milk mg seed per softgel, 1 Thistl -2 per le 1000 day) mg (250)mg of. a 4extract equivalent

Puritan' S Pride 15 30 mg

*Tested through CL's Voluntary Certificationitial posting of this Product Review.

** Does not meet FDA label requirements.

*** Product identical in formulation and testing but sold under a different brand.

Testing Program. amount. 1 Expected **Includes** expected r tablet minimum silymarin minimum silymarin from Ľ. seed fication Program prior powder Disqualified from further manufacture to a product For more information see seed 'n <u>...</u> plus 5% but claimed may to, contain 168 mg \leftarrow test: that | CL's 두 silymarin ting. has I s Mul of, to passed lti-Labe Ce -Label after

at

time

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Unless otherwise noted, information about the products listed above is based on the samples purchased by ConsumerLab.com (CL) for this Product Review. Manufacturers is change ingredients and label information at any time. So be sure to check labels carefully when evaluating the products you use or buy. If a product's ingredients differ from what is listed above, it may not necessarily be the same as what was tested. may

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The information contained in this report is based on the compilation and information from product labeling and analytic testing. CL applies what it to be the most appropriate testing methods and standards. The information report does not reflect the opinion or recommendation of CL, its officers employees. CL cannot assure the accuracy of information provided to it by parties. Liability to any person for any loss or damage caused by errors, or inaccuracies in this report is hereby disclaimed. review of it believes n in this or third omiss

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Consider When

Extracts vs. Seed Powder:

Dry milk thistle seed powder contains only 1.5% to about 3.0% silymarin, while dry "extracts" are much more concentrated — with silymarin accounting for approximately 70% to 80% of their weight. Consequently, pills made from seed powder contain about 9 to 15 mg of silymarin, while pills made from dry extracts contain approximately 112 mg to 240 mg of silymarin, depending on the size of the pill. Be aware, however, that "liquid extracts" are not necessarily concentrated extracts. One liquid extract product tested in this Review indicated that it was made from milk thistle "seed" as opposed to a "seed extract." Products like this are not concentrated — this particular product was expected to contain only 7.5 mg of silymarin per mL (although testing showed it to actually provide less than 2 mg). People who prefer to use whole herb products as opposed to concentrated extracts should be aware that much larger doses of milk thistle will be necessary to get the same amount silymarin.

what to Consider when Using:
The common dosage of milk thistle is 200 mg 2 to 3 times a day of an extract standardized to 70 to 80% silymarin. For diabetes, the 200 mg is taken 3 times a day along with conventional treatment. For cirrhosis of the liver, a daily dose of 420 mg has been used (expected to contain about 300 to 330 mg of silymarin). For chronic active hepatitis, 240 mg of silybinin (the major constituent of silymarin) taken twice daily has been used. (Among the products tested in this review, silybinin was generally found to account for 50% to 75% of the total silymarin.) There is some evidence that preparations containing phosphatidylcholine may increase absorption of acctive ingredients of milk thistle.

For treatment silybinin has infusions, each is not eatment of mushroom poisoning with Amanita phalloides, 20 mg to in has been administered intravenously over 24 hours, divided ons, each administered over a two hour period. Intravenous sily available in the U.S. ied into fo silybinin, 50 mg/kg into four however of.

Additional information about Natural Products Encyclopedi ρ clinical a on this studi websi es ≦. th milk thistle is 3

Concerns:

Cautions and Con Milk thistle and have a laxative and its exive effect extracts are ct and cause of generally well-tolerated but, infrother gastrointestinal side-effects

some pati hives, ec patients daisies. patients may have allergic reactions to milk thistle including itching, reczema, and anaphylaxis. Allergic reactions may be more likely to occurents sensitive to plants such as ragweed, chrysanthemums, marigolds, and

Although drug i effectiveness o increasing the diazepam, veran lrug interactions have not been reported, milless of oral contraceptives and it might inhist the levels of certain drugs metabolized by verapamil, and warfarin. k thistle might reduce to bit cytochrome P450 2C9, it such as amitriptyline

To further assist consumers, ConsumerLab.com licenses its flask-shaped CL Seal of Approved Quality (see The CL Seal) to manufacturers for use on labels of products that have passed its testing. ConsumerLab.com will periodically re-evaluate these products to ensure their compliance with ConsumerLab.com's standards. Information on this site is provided for informational purposes only. It is not an endorsement of any product nor it is it meant to substitute for the advice provide provided

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What \circ ര ŝ ed For

what It Is
what It Does
Quality Concerns and wheat CL Found
Test Results by Product
What to Consider When I
What to Consider when I
Concerns and Cautions
Full list of Ingredient Produc

Buyi Usin ing

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Cautions Ingredients

How Products Were Evaluate edby Produc

What

The ripe seeds of the milk thistle plant (Silybum marianum) one of the most important constituents of milk thistle is sconsists of several constituents, the most prominent of whi (silybin).) are used medic silymarin, which ich is silybinin ed in Ch ے. ح :Se

What It Do Does

The silymarin component of milk thistle may decrease blood sugar, and LDL cholesterol levels when used with conventional therapy in diabetes. It has also been shown to reduce insulin resistance in coexisting diabetes and alcoholic cirrhosis. 'n, n people with people with hemoglobin , A1c type 2

seases of the Liver: lymarin is thought to ver disease has been n mixed as 1. ы liverprotectant. However evidence of bene Ţ **.**. 3

One preliminary study of a specific silibinin preparation improved liver function in people with chronic active hepatitis. However, most studies in patients with hepatitis B or C have generally not shown an improvement in mortality or liver function using milk thistle or preparations of milk thistle. Similarly, in alcoholiliver disease, some preliminary clinical studies suggested that milk thistle might improve liver function and mortality. However, an analysis of several studies did not show a significant effect.

preliminary evidence suggests that milk thistle silymarin may protect the liver against damage such as acetaminophen and phenytoin (Dilantin) stle e extr act standardized certain toxins, d to 70% -including 80% drugs

Admi by A Administered intravenously (IV) by Amanita phalloides mushroom readily available in the U.S. (IV)), silybinin (death cap) may - al lessen though live this damage due IV preparati on to ص.ت s õ isoni not

other: silybinin cancer, es in is under especially İS investigation prostate canc cancer for Sn Φ 3 preventi ng 9 treat ing vari Sno of.

information about dosage see What to Consider When SN sing secti

Quality Concerns and what CL Tested for:
Most clinical studies of milk thistle's effectiveness have used specific dry
extracts standardized to approximately 70 - 80% silymarin on a weight basis.
ConsumerLab.com purchased and tested milk thistle products to determine which
extracts on the market contained this level of silymarin. Milk thistle is also
available in non-concentrated, seed powder form containing at least 1.5% silymari
and such products were also purchased and tested. 3

ddns products plements. properly b σ were Tabl break also let ar t and lpart tested f d caplet t for abs for products sorption. lead contamination, a s were additional Liquid products as this lly test s and s s can occur ir sted for their standard capsu 273 herbal ability les do no not

undergo ting as they ≦. Ξ mil quic 오루 thi ly n histle relea: .se thei 7 content

provide

wno.c silymarin what CL Found:
Among nine milk thistle supplements selected for testing, only two contained the Among nine milk thistle supplements. The following products failed to provious the expected amounts of silymarin:

Enzymatic Therapy™ Milk Thistle X — only 59.2% of its claimed silymarin enzymatic Therapy™ Milk Thistle — only 19.5% of the expected silymarin Nature's Apothecary® Milk Thistle — only 19.5% of the expected silymarin Planetary Herbals™ Full Spectrum™ Silymarin 80 — only 64% of its expected silymarin Rainbow Light® Milk Thistle Plus — 83.8% of its claimed silymarin. It also contained of lead per daily serving, exceeding the State of California limit Rite Aid Milk Thistle 200 mg contained only 65.8% of its claimed silymarin Whole Foods™ Standardized Milk Thistle 100 mg contained only 64% of its claimed contai lymarin ined

Designs for hea (normally, the from further re health® milk Thistle did the seed), thus violating he seed), review. not FDA identify labeling the part of requirements of milk s and thistle utilized disqualifying i

One tes its e product v sting: It p s contents. was sold in passed this was tablet form and, analysis, showing therefore, underwent y that it broke apart disintegrat properly to rel eas æ

The suggested daily doses of products varied widely. Among products that passed testing (including two others that passed the same evaluation through ConsumerLab.com's Voluntary Certification Program), daily amounts ranged from 15 mg to 1,200 mg of silymarin. With such a wide range, it is important to choose a product with the amount appropriate to your needs. These levels are often a function of whether the milk thistle used was a concentrated extract or non-concentrated seed powder/meal. For more information about this see the ConsumerTips™ section.

Test Results by Product:
Listed alphabetically below are the test results for eleven milk thistle listed alphabetically below are the test results for eleven milk thistle line were selected by ConsumerLab.com and two others (each indicated with asterisk) are included for having passed the same evaluation through ConsumerLab.com's Voluntary Certification Program). Also listed is one programilar to one that passed but sold under a different brand name. product produc

The full list of ingredients "Ingredients" in the first coclaim and ConsumerLab.com's ts is available for each product by clicking on the column. Products listed as "Approved" met their lassing standards for milk thistle products (See Passing the word Score)

RESULTS OF CONSUMERLAB.COM TESTING OF MILK THISTLE SUPPLEMENTS Click on beneath a product name to find a vendor that sells it. To find retailers that sell some of the listed products click her Product Name, Claimed Amount and Type of Milk Thistle per Unit, S of Silymarin, and Suggested Dose on Label re Standardi: zed Leve

Suggested APPROVED (Passed) Manu-facturer) Claimed (Dist. Dist- click Company iston ල "Ingredi S or Minimum Label (mg) ents" (mg) for Ш Expected OVERALL Fu]] ㄷ. (E)1 Amount RESULTS: sting $^{\mathsf{of}}$ 3 7

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(See How Products Were Silymarin Purity (Lack mination) Disintegrated Properly (NA = Not Applicable. Were (Lack Evaluated) of Lead Cor Conta Con Claimed 9 Minimum Expected Amount of

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Did not list p health® __Dist. k ه ٍٍٍ i Tk Des Thistle (applies (140 mg Health to tablets per | caps 112 and mg Pe caplets) (C) (S) (S) silymarin] •

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plant pa 7);); Z

Enzymatic Th ultracap, 6 Ingredients Mfd. by Enz NOT APPROVE Therapy™ Milk 6 per day) Thistle ¥ (150 mg S tandardi zed extract [80% ilymarin] per

by Enzymatic APPROVED Found Therapy, d only 59. Inc. . .2% of '20 mg (C) claimed silymari

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Gaia Herbs L capsule, 3 p Ingredients APPROVED Liquid Phyto-Caps per day) 5 Dist. by Gaia He φ Herbs Mi lk 360 Thistle mg ල S eed (150)щg extract [80% S

K

Ingredients
Mfd. by Nat
NOT APPROVE Nature's Ap
mL per day) Apothecary® ₹. 긎 Thi ist1 æ (equivalent to 500 mg S æ ěd per ₽ 약 iquid,

by Nature's Apothecary APPROVED Found only 19. .5%. 5 mg - 22.5 of expected mg (E)1 silymarin

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Nature's Way 2X (175 mg of Ingredients way® Thisilyn® ng extract [80% SS tandardized Mi ilymarin] per ilk Thistle capsule, $\omega \omega$ Extract | per day) Maximum)* Absorpti 9 Formul

Dist. by APPROVED Nature's Way 420 <u>O</u>

N

Planetary Herbals™ Full Spectrum™ Silymarin 80 ™ 260 m silymarin] and 50 mg organic seed per tablet, 1-2 per Ingredients Dist. by Planetary Formulas 168.7 mg - 337 NOT APPROVED Found only 64% of expected silymarin) mg (210 er day) 37.5 mg (mg extract

Rainbow Light® Milk Thistle Plus™, (500 mg of 4:1 extrisilymarin] per tablet, 3 per day) silymarin] per tablet, 3 per day) Ingredients Dist. by Rainbow Light Nutritional Systems NOT APPROVED Found only 83.8% of claimed silymarin Found 1.1 mcg lead per daily serving 4:1 extrac 150 [providing mg ල 50

S

Rite Aid Milday)
Ingredients ₽. **APPROVED** Dist. by ED Found ᆕ Th: S δ Ξe only Ri te 200 e Aid (mg (200 Corporation of claimed mg milk g ext ract thi 160 mg -silymarin 160 2 Õ, 480 ilymarin] ල pe caps ù per

Trader Darwi 1-6 per day) Ingredients APPROVED Darwi day) Dis = S 로 Mi lk bу this Ξ æ Joe's 50 (250 mg extra 4 mg 30: S ilymarin] per

Vitamin world® 1,000 mg seed Ingredients D APPROVED d[®] Silymarin Milk Thistle 10
d per softgel, 1-2 per day)*
Dist. by Vitamin World, Inc Inc 1000 15 mg 30 O mg 약 extract æ qui ent

Ingredients
Dist. by Who Standardized per day) <u>M: 1</u>k This ίte 100 mg (100)mg extract [80% ರ

APPROVED by Whole Foods 320 PROVED Found only 64% 9 0 1 80 mg (C) claimed

Similal Pride to 1,000 mg seed Ingredients

Mfd. by Puritan o Approved Products* Pride® Silymarin Mi mg seed per softgel, Milk *** This -2 pe nist] per (da آگ 1000 mg (250)mg 0 ┱ ىم extract equivalen

Puritan' S Pride 15 30 mg \bigcirc

Certification Program Review. prior to, at time test of, 9 after

*Tested through CL's Voluntary Certificatinitial posting of this Product Review.

** Does not meet FDA label requirements.

*** Product identical in formulation and testing but sold under a different brand.

Testing Program. Disqualified from further manufacture to a product For more information see that e CL': S ting. has s mul passed |ti-Labe|

1 Expected minimum silymarin ٦. seed powder ìs -5% but may contai 3 ц to twi Ce

amount.
2 Include extract **Includes** per expected r_tablet minimum silymarin from seed plus claimed 168 mg silymarin

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ConsumerTips™

to Consider When Buying:

Extracts vs. Seed Powder:
Dry milk thistle seed powder contains only 1.5% to about 3.0% silymarin, while dry "extracts" are much more concentrated — with silymarin accounting for approximately 70% to 80% of their weight. Consequently, pills made from seed powder contain about 9 to 15 mg of silymarin, while pills made from dry extracts contain approximately 112 mg to 240 mg of silymarin, depending on the size of the pill. Be aware, however, that "liquid extracts" are not necessarily concentrated extracts. One liquid extract product tested in this Review indicated that it was made from milk thistle "seed" as opposed to a "seed extract." Products like this are not concentrated — this particular product was expected to contain only 7.5 mg of silymarin per mL (although testing showed it to actually provide less than 2 mg). People who prefer to use whole herb products as opposed to concentrated extracts should be aware that much larger doses of milk thistle will be necessary to get the same amount silymarin.

What to Consider when Using:
The common dosage of milk thistle is 200 mg 2 to 3 times a day of an extract standardized to 70 to 80% silymarin. For diabetes, the 200 mg is taken 3 times a day along with conventional treatment. For cirrhosis of the liver, a daily dose of 420 mg has been used (expected to contain about 300 to 330 mg of silymarin). For chronic active hepatitis, 240 mg of silybinin (the major constituent of silymarin) taken twice daily has been used. (Among the products tested in this review, silybinin was generally found to account for 50% to 75% of the total silymarin.) There is some evidence that preparations containing phosphatidylcholine may increase absorption of active ingredients of milk thistle. chronic of

nfusions, eac treatment eatment of mushroom poisoning with Amanita phalloides, 20 mg to 50 mg/kg of iin has been administered intravenously over 24 hours, divided into four ons, each administered over a two hour period. Intravenous silybinin, however available in the U.S. however

Additional information about on Natural Products Encyclopedia clinical a on this studies website. with milk thistle ı. S

Cautions and Concerns: Milk thistle and its e have a laxative effect extracts are are generally well-tolerated but, infrother gastrointestinal side-effects infrequently, can

Some patients may have allergic reactions to milk thistle incluhives, eczema, and anaphylaxis. Allergic reactions may be more patients sensitive to plants such as ragweed, chrysanthemums, radaisies. including itching, ramore likely to occur ms, marigolds, and

Although drug i effectiveness o increasing the lrug interactions have not been less of oral contraceptives and the levels of certain drugs me verapamil, and warfarin. n reported, milk thistle might in the might inhibit cytochrome metabolized by it such as amit t reduce the P450 2C9, triptyline,