



# Milk Thistle Herb & Seed

ONE A DAY

Food Supplement  
Standardised Extract & Raw Herb  
200 mg extract  
**High Potency**  
60 Vegetarian Capsules

Manufactured in the UK  
Solo Nutrition Ltd.  
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Visit our website:  
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For best before date  
and batch number see  
base of bottle.

## Milk Thistle Herb & Seed (*Silybum Marianum*)

### Food Supplement

Standardised extract and raw herb.

No ECRDA established for this product.



**INGREDIENTS:** One (1) vegetarian capsule provides:

Raw organic Milk Thistle herb powder	300mg
Standardised Milk Thistle Seed extract (10: 1) (provides 80% silymarin potency eqv. to 2300mg of raw Milk Thistle powder)	200mg
Vegetable Cellulose capsule	125mg

Suitable for Vegetarians and Vegans.

Solo's Milk Thistle 2300mg High Potency represents the total active herb constituents. This is equivalent in actual milligram weight of the raw organic herb and the herb extract.

Hypoallergenic formula 100% active ingredients.

Contains NO: gluten, wheat, lactose, dairy, added sugars, added salt, preservative, colourings, yeast or starch.

**Directions for use:** As a food supplement for adults, take one (1) vegetarian capsule daily with food or as directed by a healthcare professional.

Tamper resistant outer and cap seal for your added security. Do not use if either are broken.

Freshness and potency assured if stored in a cool dry place.

Keep out of sight and reach of children. Not for use during pregnancy or lactation, unless directed by a healthcare professional.