

Organic Milk Thistle 90 capsules 500 mg

EAN: 8422584034592 FABRICANTE: El Granero Integral



Food supplement that promotes liver detoxification and proper functioning of the digestive system.

DESCRIPTION

What is Whole Milk Thistle from El Granero and what is it for?

Milk thistle (*Silybum marianum*), also called suckling or milk thistle, is recognized by the white sap that comes out of its leaves and stem when they break. This plant comes from southern Europe, western Asia and northern Africa. It has been used to help with liver problems since the 4th century BC. Pliny the Elder recommended its juice to increase bile production and it was also used in traditional Chinese medicine. Today, it is one of the most popular plants to detoxify the body.

Its main ingredient is silymarin, a flavonoid that has **detoxifying and antioxidant** effects. Silymarin works in two ways: it changes the outer membrane of liver cells to prevent toxins from entering and helps eliminate them. It also stimulates protein production, which creates new healthy liver cells and accelerates the regeneration of damaged ones. Milk thistle is an antioxidant as strong as vitamin C or E, and protects the body from free radical damage and cellular oxidation.

Milk thistle is a powerful detoxifier that helps regenerate liver cells. It is effective against the harmful effects of alcohol, pesticides, heavy metals and pollution. It also helps the proper functioning of the gallbladder and digestive system, **stimulating the production of bile and digestive enzymes**.

In addition, it improves skin health thanks to the phytochemicals in silymarin that reduce oxidative stress caused by the sun. It can also relieve menstrual discomfort and promote circulation in the abdominal and genital area, being useful for heavy menstruation and menopause symptoms.

Although it can be taken as an infusion or tincture, it is more convenient to consume it in capsules, since they guarantee the correct dose in a practical way.

What is the composition of Whole Milk Thistle from El Granero?

Ingredients:

- Ground milk thistle seeds* (*Silybum marianum* L. Gaertner) (contains gluten).
- Capsule shell: hydroxypropylmethylcellulose.
- Dry powdered extract of milk thistle* (*Silybum marianum* L. Gaertner) with a minimum content of

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1.5% in silymarin and maltodextrin*.

What is the recommended daily dose of Cardio Mariano el Granero?

Take one capsule three times a day, with meals.

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