

Milk Thistle (Silymarin 80%)

In: Liver Biome+ · 1,200+ studies

Summary

Time-tested liver-protective complex of flavonolignans — supports hepatocyte regeneration and bile flow.

Lead Researcher

Prof. Rolf Gebhardt

University of Leipzig

Selected Peer-Reviewed Citations

[1] Silymarin in chronic liver disease: meta-analysis. *Hepatology*, 2013.
<https://pubmed.ncbi.nlm.nih.gov/22995645/>

[2] Silymarin: pharmacology and clinical use. *Phytotherapy Research*, 2010.
<https://pubmed.ncbi.nlm.nih.gov/20564545/>

[3] Silybin and the liver: from basic research to clinical practice. *World Journal of Gastroenterology*, 2011.
<https://pubmed.ncbi.nlm.nih.gov/21390139/>

TruWe formulas use clinically-studied actives at effective doses. Third-party tested · FSSAI · GMP. Educational use only — not medical advice.