



NATURE'S SUNSHINE

Milk Thistle (Time Release)

GOOD FOR

Liver

Digestive System

Immune System

SIZE **60 Tablets**

ITEM # **4071**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 tablet with a meal twice daily.

— How the Key Ingredients Work

This time-release formula delivers milk thistle's key active complex gradually throughout the day, giving your liver and digestive system steady, lasting support rather than one quick burst. Every ingredient works together to help your body manage everyday toxins, maintain healthy digestion, and keep your natural defenses running strong.

Milk Thistle (Silybum marianum) — Liver Protection — Milk thistle has been trusted for centuries as a go-to herb for the liver. Its active complex helps shield liver cells from damage caused by everyday environmental toxins and pollutants, supporting the liver's ability to filter and process what the body doesn't need. Traditional use and modern research both point to the same thing: this plant is a genuine liver ally.

Milk Thistle — Antioxidant Defense — Free radicals — unstable molecules that build up from stress, pollution, and normal metabolism — can wear on your cells over time. Milk thistle's active compounds help neutralize these free radicals directly and also help the body raise its own internal antioxidant levels, giving your cells a broader, more resilient layer of everyday protection.

Milk Thistle — Digestive Comfort — Long before modern research caught up, traditional herbalists reached for milk thistle to ease upper digestive complaints and general abdominal discomfort. Reviews of its history confirm this longstanding use for digestive and gastrointestinal wellness, making it a well-rounded choice for anyone looking to support both their liver and their broader digestive comfort at the same time.

Milk Thistle — Whole Body Cleanse Support — Because the liver is the body's primary filtration organ, keeping it healthy has a ripple effect across your whole system. By supporting liver cell integrity and normal liver function, milk thistle helps your body do what it's naturally designed to do — process and clear out what doesn't belong, so the rest of your systems can work more freely.

Milk Thistle — Gallbladder & Bile Flow — The liver and gallbladder work as a team, with the gallbladder storing bile that the liver produces to help break down fats. Milk thistle's traditional role in supporting this partnership makes it a natural fit for anyone interested in overall digestive system wellness, not just liver health on its own.

Milk Thistle — Immune System Connection — A healthy liver plays a quiet but important role in immune function, helping to clear substances that could otherwise burden the immune system. By keeping the liver in good working order, milk thistle indirectly supports your body's natural defenses — a reminder that true immune health starts with clean, well-functioning internal systems.

Silymarin Complex — Core Active Ingredient — Silymarin is the concentrated, active flavonoid complex found in milk thistle seeds — the part of the plant that does the heavy lifting. It's a group of closely related plant compounds that work together rather than a single molecule acting alone, which is part of why milk thistle extract has such a broad and well-documented range of supportive effects on the liver and beyond.

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