



Milk Thistle

The Liver's Natural Protector

Overall Effectiveness: 8/10 Impact on Mitochondria: 6/10

Supplement Essentials	Usage Guidelines	Insights
<p>Benefits:</p> <ul style="list-style-type: none"> Supports liver detoxification and regeneration. Protects against liver damage from toxins and alcohol. Promotes antioxidant activity to reduce inflammation. <p>Recommended Dose:</p> <ul style="list-style-type: none"> 200-400 mg of silymarin (active compound) daily, divided into 2-3 doses. Dosage may vary based on liver health condition; consult a healthcare provider. <p>Upper Limit:</p> <ul style="list-style-type: none"> Up to 800 mg of silymarin per day is considered safe for most adults. <p>Parts of the Human Anatomy That Benefit:</p> <ul style="list-style-type: none"> Liver, gallbladder, and digestive system. 	<p>Time of Day to Take:</p> <ul style="list-style-type: none"> Morning or afternoon for optimal absorption. <p>With or Without Food:</p> <ul style="list-style-type: none"> Best taken with meals for improved absorption and reduced gastrointestinal upset. <p>Solubility:</p> <ul style="list-style-type: none"> Fat-soluble; requires dietary fats for proper absorption. <p>Bioavailability:</p> <ul style="list-style-type: none"> Moderate; enhanced formulations (e.g., phosphatidylcholine complexes) improve absorption. <p>Interactions & Contraindications:</p> <ul style="list-style-type: none"> May interact with blood thinners, diabetes medications, and certain antidepressants. 	<p>Target Audience:</p> <ul style="list-style-type: none"> Adults with liver concerns, those exposed to environmental toxins, or individuals seeking detox support. <p>Side Effects:</p> <ul style="list-style-type: none"> Mild gastrointestinal upset, headache, or allergic reactions in rare cases. <p>Duration of Use:</p> <ul style="list-style-type: none"> Suitable for long-term use. <p>Availability:</p> <ul style="list-style-type: none"> Widely available online and in health stores. <p>Flavor or Texture:</p> <ul style="list-style-type: none"> Often tasteless in capsules; powders may have a mildly herbal flavor.
<p>Scientific Evidence:</p> <ul style="list-style-type: none"> Supported by studies showing silymarin's effectiveness in improving liver enzyme levels and protecting liver cells. <p>Sustainability and Ethics:</p> <ul style="list-style-type: none"> Many brands offer organic and sustainably sourced options. <p>Recent Research and Trends:</p> <ul style="list-style-type: none"> Increasing focus on milk thistle's role in combating non-alcoholic fatty liver disease (NAFLD). 		

Disclaimer: Always consult a healthcare provider before starting any new supplement. For more information, visit reputable [supplement resources](#).