**What is Silymarin?**

Silymarin (Milk thistle) is a flowering herb related to the family of daisies and ragweeds. It is native to countries in the Mediterranean. Silymarin is a standardized milk thistle seed extract containing a mixture of Flavonolignans (Silybum Marianum). This medication is a herbal supplement that allows the liver function to be detoxified and preserved.

The medication is used for the treatment of Chronic Liver Disease and Cirrhosis of the liver. Silymarin is an active concept obtained from milk thistle seed (Silybum marianum). It could protect liver cells from chemicals and drugs that are harmful. Apparently, it also has an antioxidant and anti-inflammatory impact.

**Silibinin** ([INN](https://en.wikipedia.org/wiki/International_Nonproprietary_Name)), also known as **silybin**(both from [*Silybum*](https://en.wikipedia.org/wiki/Silybum), the [generic](https://en.wikipedia.org/wiki/Genus%E2%80%93differentia_definition) name of the [plant](https://en.wikipedia.org/wiki/Plant) from which it is extracted), is the major active constituent of **silymarin**,

Web Sources

https://www.medicalnewstoday.com/articles/320362