



MILK THISTLE

Milk thistle (*Silybum marianum*) is an ancient medicine that has been used to treat a variety of health issues. Not to be confused with Canada Thistle (*Cirsium arvense*) the invasive species of thistle that is probably taking over your backyard as we speak. Native to Southern Europe and Asian countries, this botanical is now cultivated worldwide for its medicinal properties.

Biological Activity

- Relief in Chemotherapy patients ¹
- Liver Cirrhosis ²
- Antioxidant ³

Fast Facts

- Although the flower is very vibrant, the actual plant does not offer much in the way of beneficial compounds, that lies in the seeds of the plant.
- The health benefits of the seeds come from the flavanolignans that are contained within but additional healthy compounds such as betaine, apigenin, proteins, and fatty acids are also present.
- Collectively known as Silymarin the individual constituents are silybin, isosilybin, silychristin, isosilychristin, silidianin, and silymonin.

Ordering Information

Check out ChromaDex's best-selling chemical reference standards. We also have a large range of the essential oils that are contained in Milk Thistle.

Name	Part Number
SILYBIN A&B (P)	00019225
ISOSILYBIN A&B (P)	00009579
Milk Thistle Seed (BRM)	00030801
SILYCHRISTIN (P)	00019240

References

1. Wiley - Blackwell. "Milk thistle herb protects cancer patients from chemotherapy-associated liver toxicity." ScienceDaily. ScienceDaily, 27 December 2009. www.sciencedaily.com/releases/2009/12/091215172325.htm
2. Mulrow C, Lawrence V, Jacobs B, et al. Milk Thistle: Effects on Liver Disease and Cirrhosis and Clinical Adverse Effects: Summary. 2000. In: AHRQ Evidence Report Summaries. Rockville (MD): Agency for Healthcare Research and Quality (US); 1998-2005. 21. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK11896/>
3. Surai, Peter F. "Silymarin as a Natural Antioxidant: An Overview of the Current Evidence and Perspectives." Antioxidants (Basel, Switzerland) vol. 4,1 204-47. 20 Mar. 2015, doi:10.3390/antiox4010204

