Milk Thistle

What is it?

Milk Thistle (*Silybum marianum*) is a flowering plant with a beautiful purple flower and white veins along its spiked green leaves. These white veins by legend were thought to be the milk of the Virgin Mary. Medicinally, the plant can be used intravenously as an antidote to Amanita mushroom poisoning. It is more commonly used as a liver protectant, especially to liver toxins, such as alcohol.

How much should I take?

The recommended daily dose is 240-420mg of Milk Thistle, standardized to 70-80% silymarin, the active constituent.

Is it safe?

Milk Thistle is generally safe as described above. If you are taking other medications on a regular basis, please consult a provider to avoid any possible drug/herb interactions. It is a member of the Asteraceae family of plants, so if you have allergies to plants like ragweed, you may get a mild allergic reaction to Milk Thistle. Please consult your provider or the Pharmacist if you have further medical problems or concerns. We are dedicated to your health and wellbeing!