



# Siliphos®

## What Is It?

Standardized extracts of milk thistle typically consist of silymarin, a bioflavonoid complex comprised of the compounds silybin, silydianin and silychristin. The most active and best studied of these is silybin. Siliphos® provides concentrated silybin complexed to phospholipids including phosphatidylcholine, offering synergistic support for liver health.\*

## Uses For Siliphos

**Liver Health:** Silybin scavenges free radicals and promotes antioxidant enzyme activity in the liver. It also stimulates protein synthesis, supporting the regeneration of hepatic cells, and promotes glutathione production. Phosphatidylcholine has the potential to support healthy liver enzyme and antioxidant function, as well as membrane fluidity. Phosphatidylcholine also gives Siliphos a lipophilic component, enhancing the bioavailability and absorption of silybin. In a short-term, placebo-controlled pilot study with 20 individuals, a silybin-phosphatidylcholine complex supported liver health by maintaining healthy liver enzyme activity. A phase II randomized open trial conducted in Italy also indicated that this complex demonstrated the ability to support liver health and maintain healthy liver enzyme production. Furthermore, a separate study involving 232 individuals suggested that this silybin-phosphatidylcholine complex maintains healthy liver enzyme metabolism.\*

## What Is The Source?

Siliphos is produced using patented Phytosome™ technology designed to enhance absorption and bioavailability. It involves binding silybin, purified from the fruit of the milk thistle plant *Silybum marianum*, with soy phosphatidylcholine in a 1:2 ratio. Siliphos is standardized to contain 30% silybin. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil.

Hypo-allergenic plant fiber is derived from pine cellulose.

Siliphos® is a registered trademark of IdB Holdings S.p.A. Phytosome™ is a trademark of Indena S.p.A.

## Recommendations

Pure Encapsulations recommends 2-4 capsules daily, in divided doses, with or between meals.

## Are There Any Potential Side Effects Or Precautions?

Reported side effects are rare and include occasional gastrointestinal distress, itching, and headache. Siliphos should be avoided by individuals with allergies to members of the aster (*Compositae/Asteraceae*) family, daisies, artichoke, kiwi or thistle. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Some studies have reported that milk thistle can affect the way that the liver breaks down medications metabolized by the cytochrome P450 system, altering the effects of these medications and possibly the dose needed for treatment.

### Siliphos®

#### each vegetable capsule contains



silybin phospholipids .....	200 mg.
(standardized to contain 30% silybin)	
vitamin C (as ascorbyl palmitate) .....	15 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
Contains soy	

**2-4 capsules per day, in divided doses, with or between meals.**

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.