

FOR A HEALTHY LIVER



indena[®]

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HEALTH - FOOD



SILIPHOS[®]

MILK THISTLE EXTRACT



SILIPHOS

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WHAT IS SILIPHOS®?

SILIPHOS® is a **patented** botanical derivative from *Silybum marianum* (L.) Gaertn. Commonly referred to as milk thistle, the plant has been used for centuries to address liver health.

SILIPHOS® is an Indena Phytosome® ingredient in which silybin, one of the main bioactive constituents in milk thistle, is associated with soy phospholipids to significantly **improve bioavailability**.

SPECIFICATIONS

SILIPHOS® is standardized to contain:
≥29.7% to ≤36.3% of silybin by HPLC

RECOMMENDED USE AND DOSE

SILIPHOS® is a yellow-brown powder and may be utilized in a variety of supplement formulations.

Recommended dose:
starting from 80 mg/day

SCIENTIFIC EVIDENCE

SILIPHOS® is supported by numerous clinical trials. Indena has also performed toxicological and pharmacological tests confirming its safety and efficacy.

PATENTS

SILIPHOS® is supported by U.S. Patent 4,764,508.

TRADEMARKS

SILIPHOS® is a trademark of Indena S.p.A. and its logo and usage guidelines are available from Indena.

WHAT MAKES SILIPHOS® UNIQUE?

SILIPHOS® is a patented product specifically developed to improve silybin absorption and **maintain a healthy liver**:

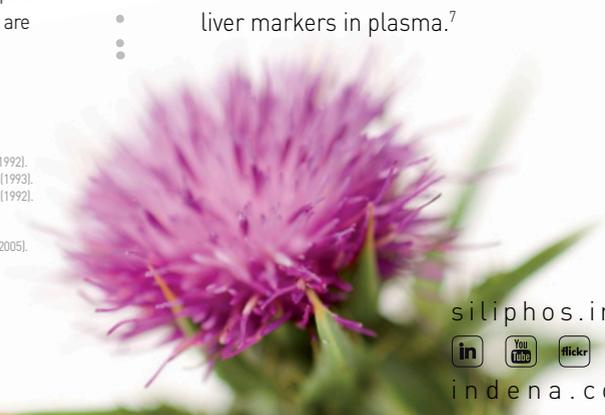
- **SILIPHOS®** is a Phytosome® delivery form, vastly improving absorption of silybin, the active constituent in milk thistle

SILIPHOS® is **supported by pharmacological and clinical data**:

- **Greatly improves bioavailability of silybin**, a compound otherwise characterized by poor absorption;¹
- up to **10-fold higher bioavailability** over the same extract;²
- Marked improvement over the extract, calculated by **biliary excretion also in humans**;³
- Maintains healthy liver function, protecting it from oxidative stress,⁴ and could be used as a **complementary approach to liver related challenges**;^{5,6}
- **Improves insulin resistance** and certain liver markers in plasma.⁷

References

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- ⁴ Vailati A. *et al.*, Fitoterapia 64, 219 (1993).
- ⁵ Loquercio C. *et al.*, Dig Dis Sci., 52(9): 2387-95 (2007).
- ⁶ Trappoliere M. *et al.*, Minerva Gastroenterol Dietol., 51(2): 193-9 (2005).
- ⁷ Federico A. *et al.*, Gut. 55(6): 901-902 (2006).



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