

HEALTHY LIVER



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HEALTH - FOOD

SILIPHOS[®]
SILYBIN PHYTOSOME[®]



SILIPHOS[®]

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WHAT IS SILIPHOS®?

SILIPHOS® is a 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 phospholipids to significantly **optimize bioabsorption**.

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 human trials. Indena has also performed toxicological and pharmacological tests confirming its safety and efficacy.

TRADEMARKS

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

References

- ¹ Morazzoni P. *et al.*, Eur. J. Drug Metabol. Pharmacokinet. 17, 39 (1992).
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- ⁴ Vallati A. *et al.*, *Fitoterapia* 64, 219 (1993).
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- ⁶ Trappolieri M. *et al.*, *Minerva Gastroenterol Dietol.*, 51(12): 193-9 (2005).
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WHAT MAKES SILIPHOS® UNIQUE?

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

- **SILIPHOS®** is a Phytosome® formulation, with an optimized absorption of silybin, the active constituent in milk thistle

SILIPHOS® is **supported by extensive scientific data**:

- **Greatly optimizes bioavailability of silybin**, a compound otherwise characterized by poor absorption;^{1,2}
- Marked improvement over the simple 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}
- **Optimizes insulin resistance** and certain liver markers in plasma.⁷

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