

HEALTHY LIVER



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**SILIPHOS**<sup>®</sup>  
SILYBIN INDENA PHYTOSOME<sup>™</sup>

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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

### TRADEMARKS

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

#### References

- <sup>1</sup> Barzaghi, N. et al., Eur J Drug Metab Pharmacokinet. 15(4):333-8 (1990)
- <sup>2</sup> Schandalk R. et al., Arzneim.-Forsch./Drug Res. 42 (III), 964-968 (1992).
- <sup>3</sup> Vailati A. et al., Fitoterapia 64, 219 (1993).
- <sup>4</sup> Loguercio C. et al., Dig Dis Sci, 52(9): 2387-95 (2007).
- <sup>5</sup> Trappolieri M. et al., Minerva Gastroenterol Dietol., 51(2): 193-9 (2005).
- <sup>6</sup> Federico A. et al., Gut. 55(6): 901-902 (2006).

## WHAT MAKES SILIPHOS® UNIQUE?

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

- **SILIPHOS®** is an Indena 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;<sup>1</sup>
- Marked improvement over the simple extract, calculated by **biliary excretion also in humans**;<sup>2</sup>
- Maintains healthy liver function, protecting it from oxidative stress,<sup>3</sup> and could be used as a **complementary approach to liver related challenges**;<sup>4,5</sup>
- **Optimizes insulin resistance** and specific liver markers in plasma.<sup>6</sup>

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