

# Milk Thistle Seeds

*Traditional liver-supportive seed rich in antioxidant compounds.*

**Official Botanical Name:** *Silybum marianum*

**Brief Description:** Milk thistle seeds are traditionally used in liver-supportive herbal formulas and digestive bitters routines.

## Benefits

- Traditionally used for liver wellness
- Contains antioxidant compounds
- Supports digestive wellness routines
- Popular in cleansing formulas

## Ways to Use

- Tea or decoction
- Ground powder
- Capsules
- Tincture extracts

## Instructions

- Crush or grind seeds before use.
- Steep or simmer for stronger extraction.
- Can be added to smoothies or capsules.

**Suggested Adult Use:** Use moderately as desired or according to label guidance.

**Medication Warnings & Safety Notes:** Use caution with ragweed allergies, hormone-sensitive conditions, diabetes medication, pregnancy, breastfeeding, or medications processed by the liver.

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Educational use only. These statements have not been evaluated by Health Canada or the FDA. This product is not intended to diagnose, treat, cure, or prevent disease. Consult a qualified healthcare professional before using herbal products if pregnant, nursing, taking medication, or managing a medical condition.