



King herb - Milk Thistle
Traditionally used since 1626 AD to alleviate liver and gall bladder illness. Modern scientific researches have verified that milk thistle acts as a hepatoprotective agent and stimulates the repair of liver damage. Milk thistle also enhances liver's activity of detoxification (1).

1. Thakur et al. (2017) A Review on Pharmacological Aspects of Milk Thistle. *World Journal of Pharmacy and Pharmaceutical Sciences* **6** (1), 247-263.