



Main Herbs – Milk thistle, Chlorella  
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 detox (1). Chlorella has beneficial immunostimulatory effect and enhances natural killer cell activity (2).



1. Thakur et al. (2017) A Review on Pharmacological Aspects of Milk Thistle. *World Journal of Pharmacy and Pharmaceutical Sciences* **6** (1), 247-263.
2. Kwak et al. (2012) Beneficial immunostimulatory effect of short-term Chlorella supplementation: enhancement of Natural Killer cell activity and early inflammatory response. *Nutrition Journal* **11**, 53.