

FOR A HEALTHY LIVER



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HEALTH - FOOD

SILIPHOS<sup>®</sup>  
SILYBIN PHYTOSOME<sup>®</sup>



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## WHAT IS SILIPHOS®?

**SILIPHOS®** is a **patented** 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.

## PATENTS

**SILIPHOS®** is supported by U.S. Patent 4,764,508.

## TRADEMARKS

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

### References

- <sup>1</sup> Morazzoni P. *et al.*, Eur. J. Drug Metabol. Pharmacokinet. 17, 39 (1992).
- <sup>2</sup> Morazzoni P. *et al.*, Eur. J. Drug Metabol. Pharmacokinet. 18, 289 (1993).
- <sup>3</sup> Schandali R., *et al.*, *Arzneim.-Forsch./Drug Res.* 42 (III), 964-968 (1992).
- <sup>4</sup> Vallati A. *et al.*, *Fitolterapia* 64, 219 (1993).
- <sup>5</sup> Loquercio C. *et al.*, *Dig Dis Sci.*, 52(9): 2387-95 (2007).
- <sup>6</sup> Trappolieri M. *et al.*, *Minerva Gastroenterol Dietol.*, 51(12): 193-9 (2005).
- <sup>7</sup> Federico A. *et al.*, *Gut.* 55(6): 901-902 (2006).

## WHAT MAKES SILIPHOS® UNIQUE?

**SILIPHOS®** is a patented 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;<sup>1,2</sup>
- Marked improvement over the extract, calculated by **biliary excretion also in humans**;<sup>3</sup>
- Maintains healthy liver function, protecting it from oxidative stress,<sup>4</sup> and could be used as a **complementary approach to liver related challenges**;<sup>5,6</sup>
- **Optimizes insulin resistance** and certain liver markers in plasma.<sup>7</sup>

[siliphos.info](http://siliphos.info)



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