

SYLIMARIN®

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Brand: ProLab
Pharmaceutical Form: Capsules
Presentation: Bottle with 60 capsules

COMPOSITION:

Each capsule of Silymarin ProLab contains 500 mg of Silymarin, a standardized extract of the fruit of the milk thistle (*Silybum marianum*), known for its powerful antioxidant and hepatoprotective properties. Silymarin acts mainly in the liver, helping to repair damaged liver cells and protecting them from new damage caused by toxins, medications and other substances.

Silymarin has been used for centuries to treat liver diseases, as it improves liver function and facilitates cell regeneration. In addition, silymarin has been shown to help reduce inflammation and promote the production of glutathione, one of the most important antioxidants in the body.

THERAPEUTIC INDICATIONS:

Silymarin ProLab is primarily indicated for liver protection and recovery in people with liver conditions such as hepatitis, cirrhosis or fatty liver, or who are exposed to substances that negatively affect the liver, such as alcohol, medications or anabolic steroids. It is also recommended as a preventative supplement to maintain liver health in people who follow prolonged drug treatments or in those who seek to improve liver function after steroid cycles.

Silymarin is also used by athletes and bodybuilders as a supplement in their anabolic cycles to protect the liver, since many oral steroids and other substances can overload this organ and cause long-term damage.

RECOMMENDED DOSAGE:

The recommended dosage of Silymarin varies according to the user's needs. In general terms, a dose of 500 mg to 1000 mg daily, divided into two doses, is suggested for those seeking to protect the liver from damage or support its function during treatments with potentially hepatotoxic medications.

In cases of chronic liver conditions or intensive treatments, the dose may be increased to 1500 mg daily, divided into three doses. It is important to follow the instructions of a doctor or health professional, especially if used as part of a liver treatment protocol.

For people who consume steroids or substances that may affect the liver, it is recommended to start with a dose of 500 mg daily during the cycle, and increase to 1000 mg at times of greater liver load.

ADMINISTRATION MODE:

Silymarin ProLab should be administered orally with a glass of water. The capsules can be taken with food to improve absorption and minimize possible gastric discomfort. To maximize the hepatoprotective effects, it is advisable to distribute the dose in two or three doses throughout the day, especially if more than 500 mg daily is consumed.

Those who use silymarin as part of their recovery from a cycle of steroids or hepatotoxic medications should be sure to take the supplement for at least 4 to 6 weeks to allow for full liver recovery.

CONTRAINDICATIONS:

Silymarin ProLab is contraindicated in individuals with known hypersensitivity to milk thistle extract or any of the components of the formula. Individuals with allergies to plants in the Asteraceae family, such as daisies or artichokes, should consult a physician before consuming the product.

Silymarin is not recommended for use by pregnant or breastfeeding women unless under the supervision of a physician. In cases of severe or decompensated liver conditions, it is essential to follow medical advice before starting any supplement.

