



Cold-Pressed MILK THISTLE OIL



Diet supplement

Milk thistle oil comes from cold-pressing of premium quality milk thistle (*Silybum marianum* L.) fruits. Milk thistle oil is high in unsaturated fat, including polyunsaturated fat which includes omega-6 fatty acids.

INTENDED USE: milk thistle oil is recommended for adults to supplement their diet in polyunsaturated fatty acids.

RECOMMENDED USE: adults – 20 ml (approx. 4 tsp) a day. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet.

Do not use cold-pressed milk thistle oil to heat up or fry food.

INGREDIENTS: cold-pressed milk thistle fruit oil.

NOTE! A natural sediment may form. Daily dose contains	20 ml
Store in room temperature. Food supplements should be stored out of reach of children. Cold-pressed milk thistle oil, of which:	18.3 g
Unsaturates, of which: Place of provenance: EU.	15 g
Polyunsaturates, of which: Volume:	10 g
• Omega-6 (linoleic acid) 250 ml netto	9.75 g
Mono-unsaturates, of which:	5 g
Omega-9 (oleic acid)	4.7 g

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