

# 護肝寶 HepatCap

## Milk Thistle Extract Plus CO Q10

### 天然奶薊草精華

#### Functions of Milk Thistle Extract

Europeans have been using Milk Thistle as health supplement for over 2000 years. An optimum amount of Milk Thistle can help improve hepatitis. The Germans then try extracting Milk Thistle essence Silymarin from the seed of Milk Thistle in 1968. Silymarin can detoxify, strengthen and protect the liver.

Milk Thistle plays a significant role in protecting the liver as it can help the liver resist invasion of toxin and eliminate toxin, while at the same time effectively protect and stimulate the regeneration of liver cells.

#### Silymarin can effectively improve the function of liver, while its effects can be classified into the following 3 kinds:

##### 1. Antioxidant effect

Silymarin is an effective kind of antioxidant called Isoflavone, which can help suppress 5-lipoxygenase, an enzyme which speeds up oxidation. Silymarin can thus increase the concentration of antioxidant in liver cells, and stabilize cell membranes (especially liver cell), so as to achieve antioxidant effect.

##### 2. Detoxification effect

Mushroom picking workers eat milk thistles to prevent liver failure caused by mis-intake of poisonous mushrooms since long in Germany. Silymarin is the main component of detoxification exist in Milk Thistle, which can have detoxifying effect, prevent invasion of toxin and discharge toxin. Silymarin can also improve the liver's function of detoxification and stand against toxic elements.

##### 3. Help repair and regenerate liver cells

Liver cell is one of the few organ cells that has regenerating ability, while Silymarin can increase the protein synthesis of nucleotide exist in normal liver cells, but not enhancing the growth of bad liver cells. Silymarin can also repair liver cells destroyed by alcohol which makes it especially important for usual drinkers.

**HepatCap Milk Thistle Extract** is a high quality liver product which provides a combination of natural Milk Thistle Extract with Coenzyme Q10. This product is manufactured by well-known U.S.A. GMP licensed manufacturer with quality guarantee.

#### Coenzyme Q10

Coenzyme Q10 (CO Q10) is a fat-soluble compound synthesized by the body and also consumed in the diet. It is found in every cell and is required by the body energy-producing structures within cells. One of the critical functions is converting nutrients into energy. This conversion is very important for the heart cells to support their heavy workload and energy consumption. CO Q10 is also a well-known antioxidant that can increase our oxygen utilization in the bodies, enhance body defence, promote cell self-repairing, inhibit free radicals, anti-aging and enhance physical capacity.

#### Milk Thistle Extract + Coenzyme Q10 Formula may provide the following benefits:

- Relieve damage to the liver caused by excessive alcohol
- Relieve acute and chronic hepatitis
- Increase the excretion of bile
- Better appetite, help digestion
- Protect and repair liver cells, promote regeneration of liver cells
- Improve large intestine inflammation
- Improve the function of liver
- Powerful antioxidant function to protect cell membranes against free radicals damage and regeneration of new cells.

#### Milk Thistle Extract + Coenzyme Q10 Formula suits:

- Those who care about liver health
- Usual drinkers
- Smokers
- People with obesity
- Those who can easily contact with poisonous substance (e.g. chemical factories, manufacturing or beauty salon workers, and residents living in polluted area)

**Recommended dose:** Adults take 1-2 capsules two times daily or as recommended by physicians.