Milk Thistle's Silymarin May Aid Against Ulcerative Colitis

Melissa Scott June 09, 2017

Divine Bounty milk thistle extract features 1200 mg of milk thistle per capsule. For every bottle, consumers can take advantage of the possible benefits of milk thistle in 120 capsules.

(Newswire.net -- June 9, 2017) Orlando, FL -- The potential effects of many natural alternatives such as milk thistle have been thought to be due to their key ingredients. Milk thistle has been widely believed to be helpful in fighting certain conditions, and this may be due to the silymarin it contains.

Milk thistle’s silymarin is believed to aid against ulcerative colitis. This is based on a recent clinical trial that found silymarin to be useful in enhancing the remission rate of individuals with ulcerative colitis.

According to statistics, there are about one million Americans who suffer from this condition. There are those who use pharmaceutical drugs in fighting the condition. There is no doubt that certain medications are helpful for ulcerative colitis sufferers.

However, it is important to understand that many medications in the market today are only formulated to manage symptoms, and may not permanently address the condition. There are also those that cause side effects. Milk thistle may be considered a safer alternative to some of these medications.

In a double-blinded, randomized, placebo-controlled study, researchers studied 80 participants with ulcerative colitis. They were in remission and were divided into two groups through random selection. One group received 140 mg of silymarin every day for six months and the other received a placebo.

During the study, the researchers tried to assess the frequency of the flare-up associated with the condition. They also checked hemoglobin levels to assess anemia and erythrocyte sedimentation rate (ESR). This is for the purpose of measuring the systemic inflammation and disease activity index.

The researchers found that in the silymarin group, there was an increase in hemoglobin and a reduction in ESR. The silymarin group also had a decrease in the disease activity index. What makes the findings of the study even more interesting is that out of the 38 participants in the silymarin group, 35 achieved complete remission after six months and they did not even have flare-ups.

There are many people who turn to the use of Divine Bounty milk thistle seed extract to take advantage of the potential effects of the natural alternative. Divine Bounty has been widely thought to be one of the most reputable sources of various health-enhancing products.

Divine Bounty milk thistle extract features 1200 mg of milk thistle per capsule. For every bottle, consumers can take advantage of the possible benefits of milk thistle in 120 capsules. In addition to its potency, this product has also been widely known for its purity. It doesn’t contain artificial ingredients, additives, and GMOs.

(www.amazon.com/Milk-Thistle-Supplement-Standardized-Extract/dp/B01LWI4A51)

About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at http://www.DivineBounty.com.

Divine Bounty
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