

Felhasznált irodalom:

(1) *Phytother Res.* 2010 Oct;24(10):1423-32. doi: 10.1002/ptr.3207.

Milk thistle in liver diseases: past, present, future.

Abenavoli L1, Capasso R, Milic N, Capasso F.

(2) *Phytother Res.* 2006 Dec;20(12):1036-9.

The efficacy of *Silybum marianum* (L.) Gaertn. (silymarin) in the treatment of type II diabetes: a randomized, double-blind, placebo-controlled, clinical trial.

Huseini HF1, Larijani B, Heshmat R, Fakhrzadeh H, Radjabipour B, Toliat T, Raza M.

(3) *Silybin and the liver: From basic research to clinical practice*

Carmela Loguercio and Davide Festi

*World J Gastroenterol.* 2011 May 14; 17(18): 2288–2301.

Published online 2011 May 14. PMID: PMC3098397

(4) *Integr Cancer Ther.* 2007 Jun;6(2):104-9.

Advances in the use of milk thistle (*Silybum marianum*).

Post-White J1, Ladas EJ, Kelly KM.

(5) Bowe WP, Patel N, Logan AC      Acne vulgaris: the role of oxidative stress and the potential therapeutic value of local and systemic antioxidants . *J Drugs Dermatol.* (2012)

(6) *Indian J Biochem Biophys.* 2006 Oct;43(5):306-11.

Protective effects of silymarin, a milk thistle (*Silybium marianum*) derivative on ethanol-induced oxidative stress in liver.

(7) *Natural Medicines Comprehensive Database:* "Milk Thistle Monograph.