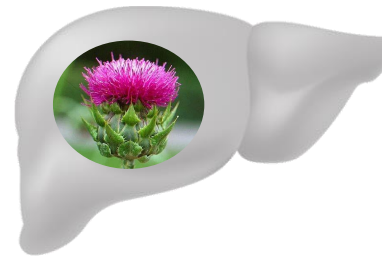


ATOMY Milk Thistle

Milk Thistle Extract



NUTRACEUTICAL

Net quantity: 600mg x 120 Tablet

This material is **internal training material** for Atomy associates.
It is not intended for advertising purposes, and should not be passed on to consumers.
Please only use this material for **member training purposes**.

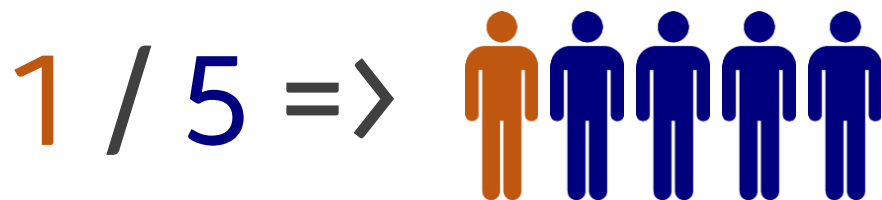
● REC



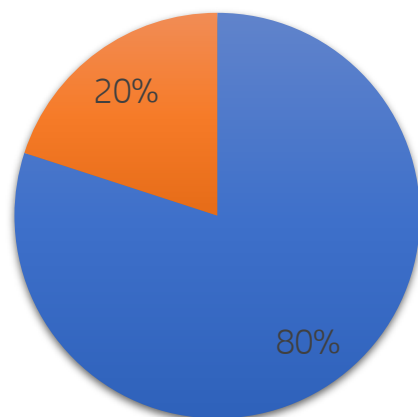


Liver Disease Statistics

Global Statistics

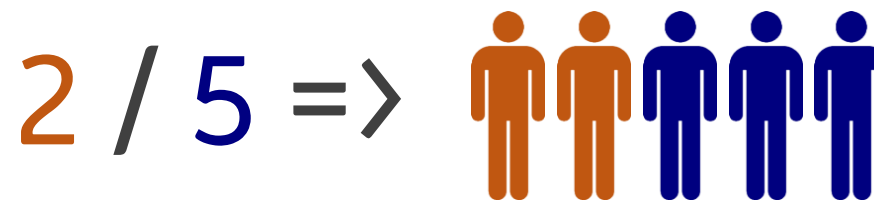


Death due to Liver Diseases

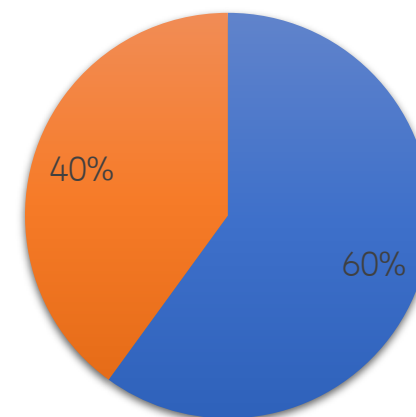


■ Global ■ India

Indian Statistics



Prevalence of Liver Disease

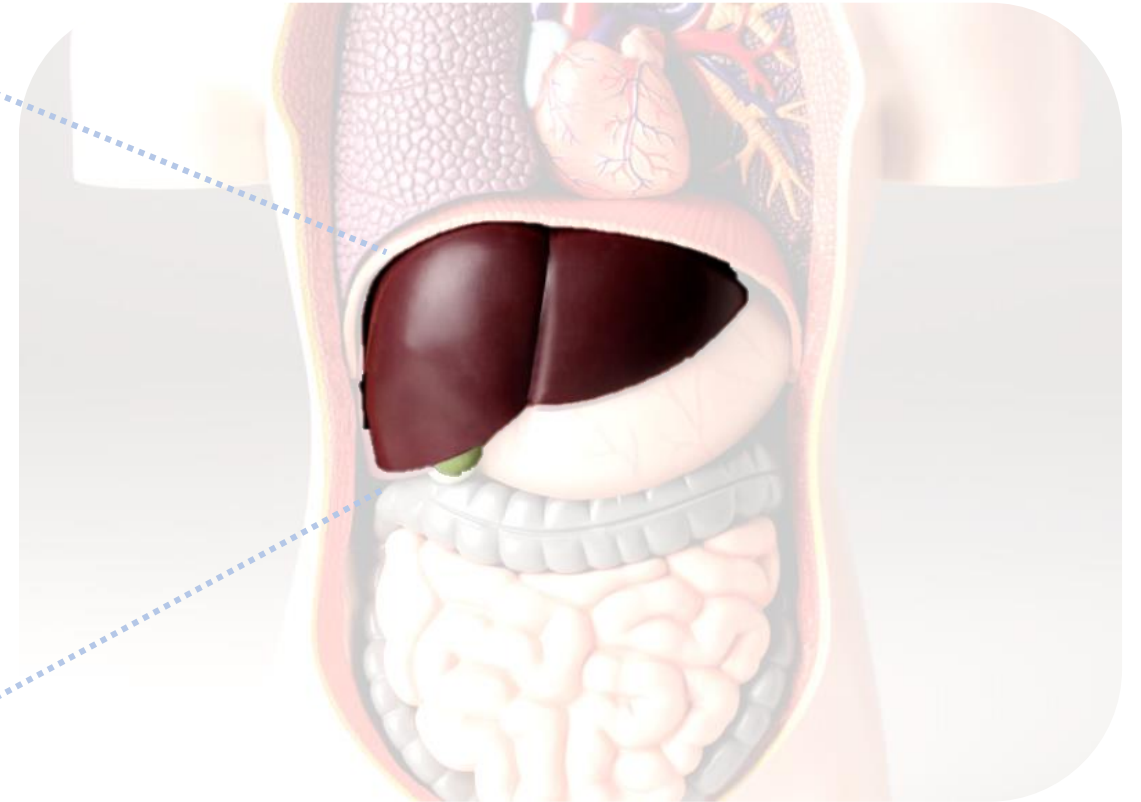


■ General ■ Liver disease



What is Liver?

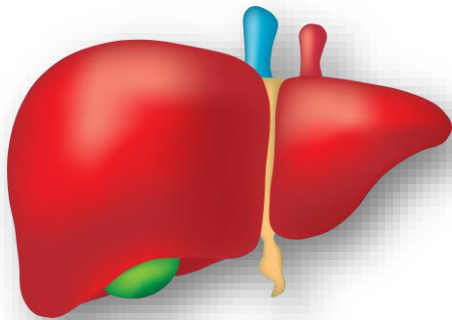
- Body's Largest Internal Organ
- Located in the right upper portion of abdomen (just below the diaphragm)
- Has reddish-brown colour
- Weighs approx. 1.5 Kg (in adult)
- Has capacity to regenerate
- Vital to the body's metabolic functions and immune system





Role of Liver

Process the absorbed nutrients, before passing it to the rest of the body



Metabolic .

Metabolize nutrients after absorption



Synthesis .

Synthesize protein, hormones and enzymes



Secretory .

Secrete bile for digestion of fat



Detoxification .

Detoxify drugs and toxic metabolites

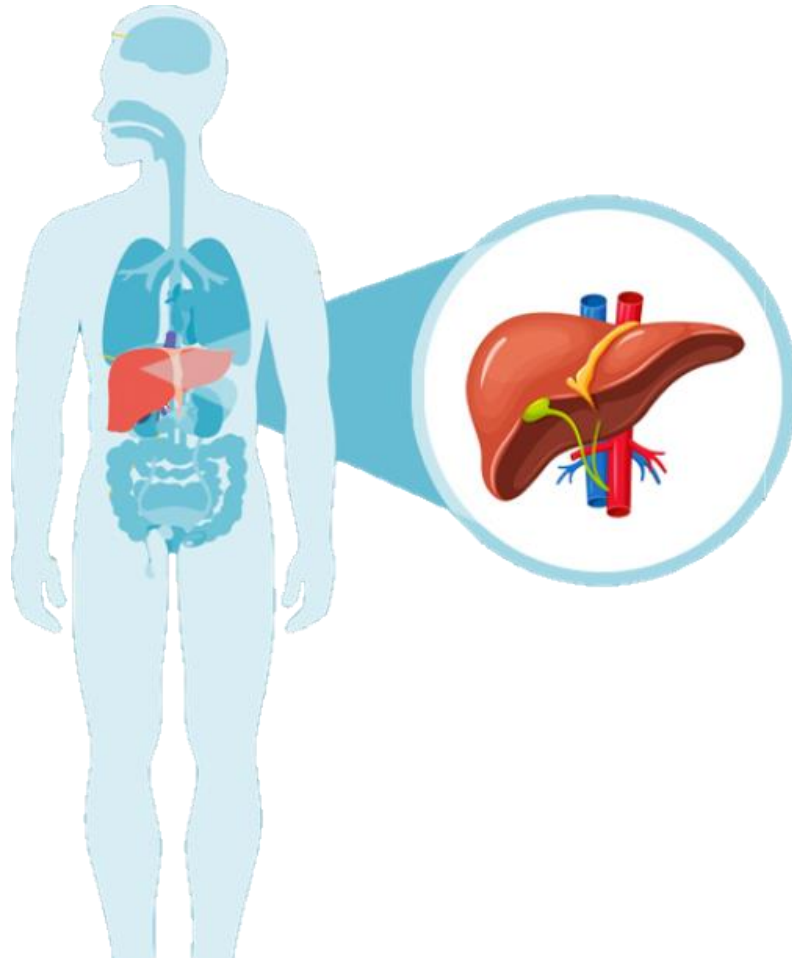


Storage .

Store glycogen, iron and vitamins



Signs of Unhealthy Liver



Skin and eyes appear yellow, itchy skin



Dark colour urine and pale stool



Swelling in legs and ankles



Fatigue and loss of appetite



Nausea and vomiting



Abdominal pain and swelling



Unexplained weight loss or weight gain



Lifestyle related Liver Damage

Main reasons for liver disorder in India are the metabolic risk factors

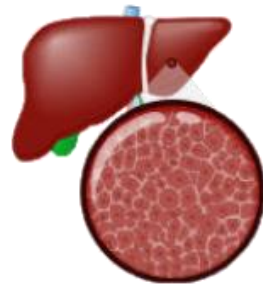


Unhealthy lifestyle;
Intake of high calorie food and alcohol

CAUSES FOR LIVER DAMAGE:

- Overweight or obesity
- High blood sugar
- High blood pressure
- High blood lipids
- Some medications
- Genetic condition

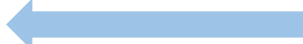
Healthy Liver



Unhealthy Lifestyle



Healthy Lifestyle



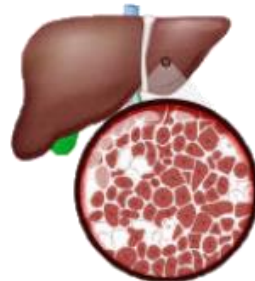
Fatty Liver



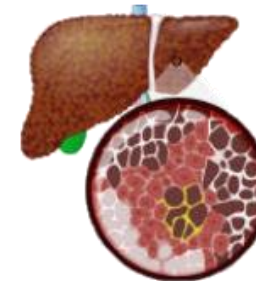
RISK AFTER LIVER DAMAGE:

- Cardiovascular disease
- Chronic kidney disease
- Bone loss
- Brain disease
- Obstructed sleep apnoea
- Cancers of various organs

Liver Fibrosis



Liver Cirrhosis





Protect Liver: Dos & Donts

Do's



Increase fiber intake



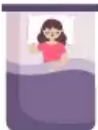
Drink plenty of water



Exercise regularly



Maintain a healthy body weight



Get sufficient sleep

Dont's

Limit high fat food



Cut out sugar



Limit alcohol consumption



Avoid smoking



Manage stress level



Maintaining a healthy lifestyle along with liver protecting Supplements

ATOMY Milk Thistle

Milk Thistle Extract



NUTRACEUTICAL

Net quantity: 600mg x 120 Tablet





What is Milk Thistle?

Thorny plant scientifically named as “*Silybum marianum*”, which is known to protect liver

- Milk thistle extract has a high amount of Silymarin, which is known to aid liver health
- It has properties such as:
 - Antioxidant
 - Antiviral
 - Anti-inflammatory



Traditionally been used to treat liver disorders,
and also protect the liver from poison



Benefits of Milk Thistle



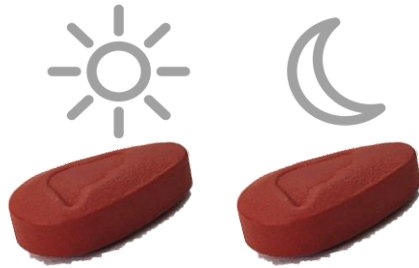
- Known to have liver-protecting effects
- Could help reduce liver inflammation and liver damage
- Protect the liver against toxins
- Supports healthy metabolism
- May help in detoxifying liver

Milk thistle extract may be used as a supplement for liver damaged due to:

Alcoholic Liver Disease | Cirrhosis | Hepatitis | Traumatic Event |
Gall Stones | Non-alcoholic Fatty Liver Disease



Dosage of Milk Thistle



1 Tablet 2 times a day

Milk Thistle Extract

Recommended for Individuals



- For improving liver health
- Boosting nutrient metabolism



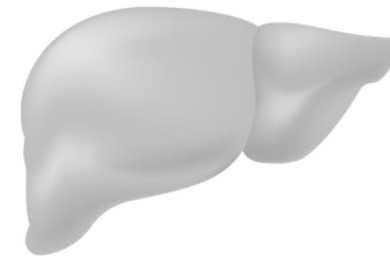
- Working long hours and often have late-night meals
- Finding difficulty to manage their health due to busy schedule



- Suffering from fatigue caused by stress
- Get easily tired and looking to improve liver metabolism

Atomy Milk Thistle
For your Healthy Liver..!!

Thank You!





Precaution

Take Precautions

People with unusual or allergic constitution may experience reactions to the product. Please check the ingredients before intake and consult your doctor before consumption

Stop consumption if it causes discomfort of digestive system, such as stomach ache and diarrhea

Infants and children, pregnant and lactating women should be careful when intake

Do not consume products past expiration date