



Does Milk Thistle lower testosterone? I've heard this sentiment a few times but never seen a source for or against it. Just conjecture. Any definitive conclusion? 04-27-2018, 07:11 PM #2 rhadam Verified Aesthetic Join Date: Mar 2009 Posts: 43,502 Rep Power: 400176 If it did impact testosterone the effect would be so minimal it would be irrelevant.



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## Does Milk Thistle lower testosterone? - Bodybuilding Forums



1. Milk Thistle Protects Your Liver It's regularly used as a complementary therapy by people who have liver damage due to conditions like alcoholic liver disease, non-alcoholic , hepatitis and.

## Milk Thistle | NCCIH - National Center for Complementary and .



Milk thistle extract is one of the most commonly used nontraditional therapies, particularly in Germany. Milk thistle is known to contain a number of flavonolignans. . respectively) as determined by the formation of 6-beta-hydroxy testosterone and the activity of uridine diphosphoglucuronosyl transferase (UGT1A6/9) (by 65 and 100% .

## How Does Milk Affect Your Testosterone Levels? - TestoFuel Blog



Lactoferrin, Green tea, Milk thistle, Omega-7, and Testosterone. Scientifically reviewed by Dr. Gary Gonzalez, MD, in August 2023. Written by: Life Extension. Lactoferrin . Ocular surface damage and tear lactoferrin in dry eye syndrome. We studied the relationship between the severity of ocular surface damage and the level of tear lactoferrin .

### The Positive "Estrogenic" Effects of Milk Thistle Extract



Quick summary The impact of milk thistle on testosterone levels is unclear, with some studies suggesting it can improve testosterone levels, while others show it can inhibit the activity of androgen receptors.



## Milk Thistle: Benefits and Side Effects - WebMD

### Milk Thistle Benefits



Consumption of Milk Thistle helps to increase the solubility and circulation of bile.



Milk Thistle can be found in abundance across the UK often favoring grassy slopes and sea cliffs.



Milk Thistle has long been used as an herbal treatment for many liver conditions, including jaundice.

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Also, the RL 5 g/kg group showed higher testosterone and fertility than the control, but the MTS 10 g/kg group showed the highest value for both parameters. In conclusion, MTS and RL at 10 and 5 g/kg . Milk thistle (*Silybum marianum*) for the therapy of liver disease. American Journal of Gastroenterology, 93 (2), 139-143. .

**ANIMAMUNDI on Instagram: "In just 70 years, ~100K new .**



Address 123 Main Street New York, NY 10001. Hours Monday-Friday: 9:00AM-5:00PM Saturday & Sunday: 11:00AM-3:00PM

### **7 Science-Based Benefits of Milk Thistle - Healthline**

## Milk Thistle Benefits

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Milk thistle is a plant extract that may have antioxidant and liver-protecting properties. Learn how milk thistle can help or harm your health, what to watch out for and what to avoid, and what research says about its effects on diabetes, indigestion and liver disease.

## May 2016 Abstracts - Lactoferrin - Life Extension



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Published on February 3, 2014 For today's edition of Dear Mark, we've got a three-parter. First, I cover the potentially estrogenic effects of milk thistle extract and discuss whether or not it's a problem for your endocrine health that outweighs the benefits to liver health.

## 6 testosterone-killing foods: Causes and factors - Medical News Today



Nearly 40 years ago, a study was published in the Yale Journal of Biology titled. Then a study a few years after that titled. Beer may be the worst for testosterone. Flax has 130 times more estrogen than soy milk. Many say "man boobs" may be caused by the 10 foods on this list.



## Milk thistle, a herbal supplement, decreases the activity of . - PubMed



Nutrient value Because milk is designed to develop and sustain the health of newborn cows, it is packed full of nutrients. Whole milk has a high fat content of around 4%, whereas a reduced fat variety is only around 1%. The fats are mostly saturated and composed heavily from triglycerides and the fatty acids lauric, myristic and palmitic acid.

## Milk thistle - Mayo Clinic



This is where nettle can be helpful. Available as a tea, powder and supplement studies have shown that constituents of nettle root bind to SHBG in place of testosterone". Haven't heard of milk thistle having this effect. There's other proven ways to reduce SHBG:

## When to use milk thistle for hormones + when to think twice

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DRJOCKERS.COM

(Last Updated On: March 14, 2019) Testosterone Boosting Ingredients To Avoid Forget The Manufacturers Hype and claims - Of all the ingredients that you might see listed on a T-boosting supplement's label, there are quite a few in common use that quite simply - DO NOT WORK.

## Milk Thistle Extract & Testosterone | LEAFtv



Milk thistle is found throughout the eastern United States, California, South America, Africa, Australia, and Asia. The terms "milk thistle" and "silymarin" are often used interchangeably. Historically, people have used milk thistle for liver disorders and gallbladder problems. Milk thistle is promoted as a dietary supplement for .



## Dear Mark: Milk Thistle and Estrogen, Low Libido, and Pollution .



Czerwony explains. What is milk thistle? Milk thistle is a spiky purple flowering plant in the same family as the daisies and ragweed. It's sold as an herbal supplement, either as a capsule or a tea. Manufacturers claim it encourages healthy liver function, promotes healthier skin, aids digestive health, boosts your immune system and more.

## Milk Thistle Benefits - Verywell Health

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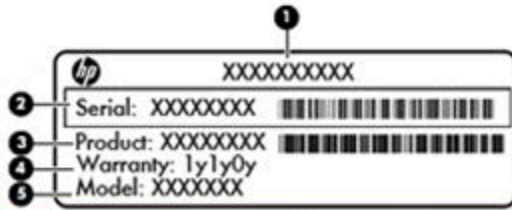
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The benefit of adding a testosterone booster into the mix is increased bioavailable testosterone in the body (free testosterone) as well as support to mood and libido. Other things to potentially consider are: . Milk Thistle (Silymarin) Silymarin, derived from the milk thistle plant, has been used for centuries to treat liver conditions. .

# On-Cycle Support Guide | everything you need to know, key ingredients .



Mans.io



Milk thistle (silymarin) is a flowering herb related to the daisy and ragweed family. It is native to Mediterranean countries. Some people also call it Mary thistle and holy thistle. What.

## Milk Thistle: 6 Potential Benefits - Cleveland Clinic Health Essentials



Hepatitis C Diabetes Breast Milk Milk thistle ( *Silybum marianum* ) is said to have certain health benefits, including liver health, diabetes management, cancer treatment, and more. However, research is not conclusive on its uses.



# A review on the mechanisms of the effect of silymarin in milk thistle .

DOI: 10.1002/vms3.643

REVIEW

WILEY

## A review on the mechanisms of the effect of silymarin in milk thistle (*Silybum marianum*) on some laboratory animals

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One of the most valuable medicinal plants is milk thistle (*Silybum marianum*) or mar-tighal. An annual or biennial plant of the Asteraceae family and English name Milk thistle, a Matte green colour and prickly plant with a standing stem that can be thick, simple, or slightly branched (ramified). Its seeds contain about 70%-80% of the flavonolignans of silymarin and about 20%-30% of polymeric and oxidized polyphenolic compounds (such as tannins). Traditionally, the plant has been used to increase milk secretion, relieve menstrual cramps, lessen depression, decrease gallstones, and jaundice as well as improve functions of the liver, spleen, and kidney. This review reviews studies on the effects of adding milk thistle to quail diet. Consumption (0.5% and 1%) of milk thistle powder in the diet of Japanese quail significantly increased feed intake, body weight, and improved carcass components. Blood constituents including total protein and albumin were improved along with decreased HDL, ALT, and AST. The use of milk thistle levels (0.5% and 1.5%) significantly improved the antioxidant total of plasma. Consumption of silymarin in quail diet increased the number of white blood cells, calcium, vitamin D3, and albumin. Silymarin also decreased the relative weights of bursa of Fabricius and spleen. This review indicates that milk thistle can improve growth performance, feed conversion ratio, and immune system in quail.

### KEYWORDS

medicinal plants, milk thistle, silymarin

## 1 | INTRODUCTION

In recent decades, extensive studies have been conducted on the use of medicinal plants on a laboratory scale to enhance the immune system of laboratory animals, confirming the positive role of many of them in improvement of the immune system of animals (Rezaei et al., 2003). Consumption of such plants to treat and fight bacterial (Elgayar et al., 2001) or fungal infections (Govindachari, 2000) clarified an approach to the use of those ingredients (compounds) in pharmacology. Medicinal plant extracts are traditionally used to treat and control some diseases due to their antibacterial and antioxidant

properties (Hernandez et al., 2004). The most important sources of antioxidants in nature are fruits, vegetables, and medicinal plants. Medicinal plants have more antioxidants than fruits and vegetables (Ninitali et al., 2005) and their antioxidant properties have been shown to inhibit intestinal adhesions (Parsaei et al., 2013). These plants have beneficial effects by stimulating the increased function of pancreatic enzymes (lipase, amylase, and protease) and also by increasing the activity of digestive enzymes in intestinal mucosal cells (Srinivasan, 2005). Their phenolic compounds reduce the number of pathogenic microbes in the gut and prevent nutrient loss, thus increasing intestinal health, increasing digestion and absorption of nutrients, and improving

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Mint. Bread, pastries, and desserts. Licorice root. Certain fats. Other factors. Boost testosterone naturally. Summary. Some people claim that certain foods, such as soy, dairy, and specific fats .

## Milk thistle : r/Testosterone - Reddit



It's one of the liver's jobs to process and eliminate excess sex hormones (estrogen, progesterone, and testosterone), hormones made by the adrenal glands, and thyroid hormones. If the liver isn't working well enough to metabolize hormones, imbalances can occur. When to consider milk thistle supplements

## Does Milk Thistle Lower Testosterone Levels? | KryoLife Health

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8,912 likes, 47 comments - animamundiherbals on December 22, 2023: "In just 70 years, ~100K new chemicals 離 have been released into the environment; over 85% have. "

### Influence of Milk Thistle on Testosterone Production

# Milk Thistle



# Danger to Men

High-protein dairy drinks may boost testosterone, power and strength. A small study compared the effect of high-protein dairy milk on testosterone levels in two groups of young men after twelve weeks of resistance training. Those taking the high-protein dairy milk (250ml milk + 30g dairy protein after exercise and at bedtime) saw an increase in .

## Testosterone Boosting Ingredients To Avoid



There really is not any controversy. There is simply a misguided warning. Looking at the scientific literature, the overwhelming majority of studies show positive results in breast cancer models as well as those on bone metabolism and zero estrogenic effects have been noted in clinical trials in humans.



## Does milk increase or decrease testosterone? - The Pocket Doctor



The popular herbal supplement milk thistle might help to reduce the negative impacts of testosterone. Milk thistle has few known side effects, but can cause allergic reaction in some people. Consult your doctor. Testosterone Production

- <https://publiclab.org/notes/print/44648>
- <https://publiclab.org/notes/print/42501>
- [https://colab.research.google.com/drive/1XcwTW3mNke3C\\_yWHYqM\\_e1XRa8-5M9ZD](https://colab.research.google.com/drive/1XcwTW3mNke3C_yWHYqM_e1XRa8-5M9ZD)