A Liver-Cleansing Herb’s Benefits Begin to Bloom

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Many people coinfected with HIV and hepatitis C take milk thistle supplements for liver health. To date, proof of the daisy-like herb’s efficacy has been slim, but evidence may be starting to flower. In a small (21-person) study at the Mount Sinai School of Medicine in New York City, coinfected people who took milk thistle capsules (containing 80 percent silymarin, the active ingredient) for 52 weeks saw a slight drop in an enzyme that signals liver damage, while enzyme levels rose in people taking the placebo. Silymarin also didn’t seem to interact with HIV meds. Now, that’s what we call flower power!

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