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Publication

An updated systematic review with meta-analysis for the clinical evidence of silymarin

JournalItem (Reviews, Editorials, Rezensionen, Urteilsanmerkungen etc. in einer wissenschaftlichen Zeitschrift)

ID 1197086

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Year 2008

Title An updated systematic review with meta-analysis for the clinical evidence of silymarin

Journal Forschende Komplementärmedizin

Volume 15

Number 1

Pages 9-20

Keywords silymarin, silibinin, milk thistle, phytotherapy, herbal drug, liver cirrhosis, Amanita phalloides, alcoholic liver disease, radical scavenger

The potential benefit of silymarin (special extract from the fruits of *Silybum marianum*) in the treatment of liver diseases remains a controversial issue.

Publisher Karger

ISSN/ISBN 1661-4119 ; 1661-4127

edoc-URL <http://edoc.unibas.ch/dok/A6007243>

Full Text on edoc Available;

Digital Object Identifier DOI 10.1159/000113648

PubMed ID <http://www.ncbi.nlm.nih.gov/pubmed/18334810>

ISI-Number WOS:000253777800003

Document type (ISI) Review