

Published based on [Does taking Milk thistle \(Silymarine\) make you drowsy?](#)

Does taking Milk thistle (Silymarine) make you drowsy?

I bought a pack of Milk thistle capsules in Germany, it has only the German instruction, which I can't understand it..please help

You can also find this article published on [Does taking Milk thistle \(Silymarine\) make you drowsy?](#), and on the tag pages [German Instruction](#), [germany](#), [Milk Thistle](#).