

# Good habits for protecting liver health

The choice for a fatigued liver,  
General Balance Milk Thistle



# 6 Key Features of General Balance

## Milk Thistle

1

New 7-fold complex functional

2

Addition of niacin (100%) functional ingredient to the existing General Balance Milk Thistle

3

Milk Thistle for Liver Health + Rhodiola for Stress-Induced Fatigue Improvement  
+ 5 Types of B Vitamins for Energy Metabolism

4

Added 20 carefully selected auxiliary ingredients unique to G-Coop

5

General Balance Milk Thistle has been made easier to consume due to the change in size.

6

No additives

# New 7-fold complex functional



**Rhodiola rosea**

Losavin 5 mg

**Milk thistle**

Silymarin 130 mg



**5 types of B  
vitamins**

100% of the daily  
value



### **Milk thistle extract**

Silymarin 130mg

May help with liver health

### **Rhodiola rosea extract**

Losavin 5mg

May help improve fatigue caused by stress

### **Vitamin B1**

1.2mg(100%)

Necessary for carbohydrate and energy metabolism

### **Vitamin B2**

1.4mg(100%)

Necessary for energy production in the body

### **Vitamin B6**

1.5mg(100%)

Necessary for the utilization of protein and amino acids, and necessary to maintain normal blood homocysteine levels.

### **Pantothenic acid**

5mg(100%)

Necessary for fat, carbohydrate, and protein metabolism and energy production

# Addition of niacin (100%) functional ingredient to existing milk thistle

**Need for energy production in the body**



**100% Niacin**  
Based on the  
recommended daily intake

As a nutrient required for all metabolites, it participates in oxidation and reduction reactions within the body, taking part in the synthesis of carbohydrates, fats, and steroids, and plays an important role in energy metabolism and energy production.

POINT 03

# Liver Health Milk Thistle + Rhodiola + 5 Types of Energy Metabolism B Vitamins

**'Milk Thistle Extract', the key  
ingredient for liver health**



We will protect your liver.

## Contains 130mg of key 'main ingredient' silymarin

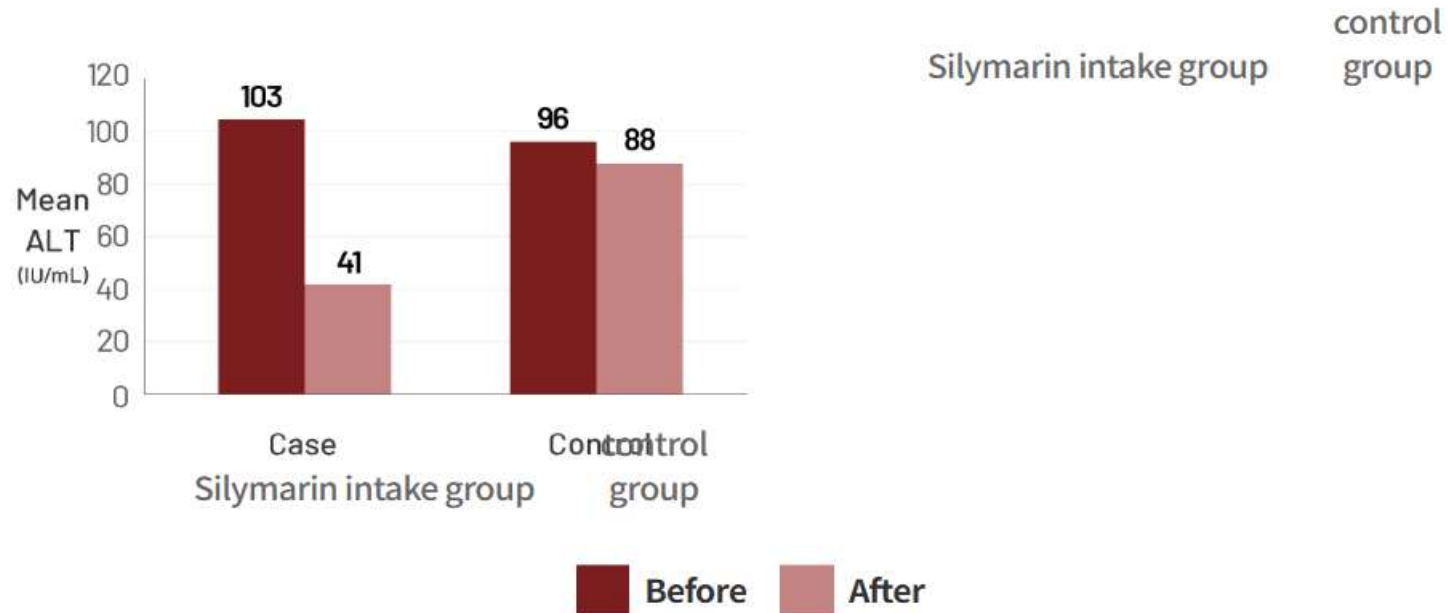
Milk thistle is a plant of the Asteraceae family also known as 'thistle'. It is known for its silymarin component, which can help with liver health, and it is a plant that has been used by humanity for thousands of years in various aspects of daily life, not just for liver health, throughout a history of over 2,000 years. There are records indicating that botanists in the 16th and 17th centuries used milk thistle for liver protection.

### Silymarin

The silymarin component in milk thistle can help with liver health.

# Results of human clinical trials of the functional ingredient milk thistle extract

## Confirmation of improvement in ALT and AST, indicators measuring liver cell damage



**Subjects:** 50 people with impaired liver function (25 in intake group, 25 in control group)

**Condition:** Intake of 140 mg/day of silymarin for 8 weeks

※ ALT (Alanine Aminotransferase), AST (Aspartate Aminotransferase)  
: These are enzymes involved in amino acid metabolism in the liver.  
When liver cells are damaged, these enzymes leak into the bloodstream,  
resulting in high levels of ALT and AST in the blood.

# Rhodiola extract that can help improve fatigue caused by stress

Rhodiola rosea is a plant with strong vitality that naturally grows in barren land and rock crevices in high-altitude areas. Rhodiola rosea is rich in rosavin, and has been **designated as a functional ingredient by the Ministry of Food and Drug Safety after being recognized for its ability to help improve fatigue caused by stress.**

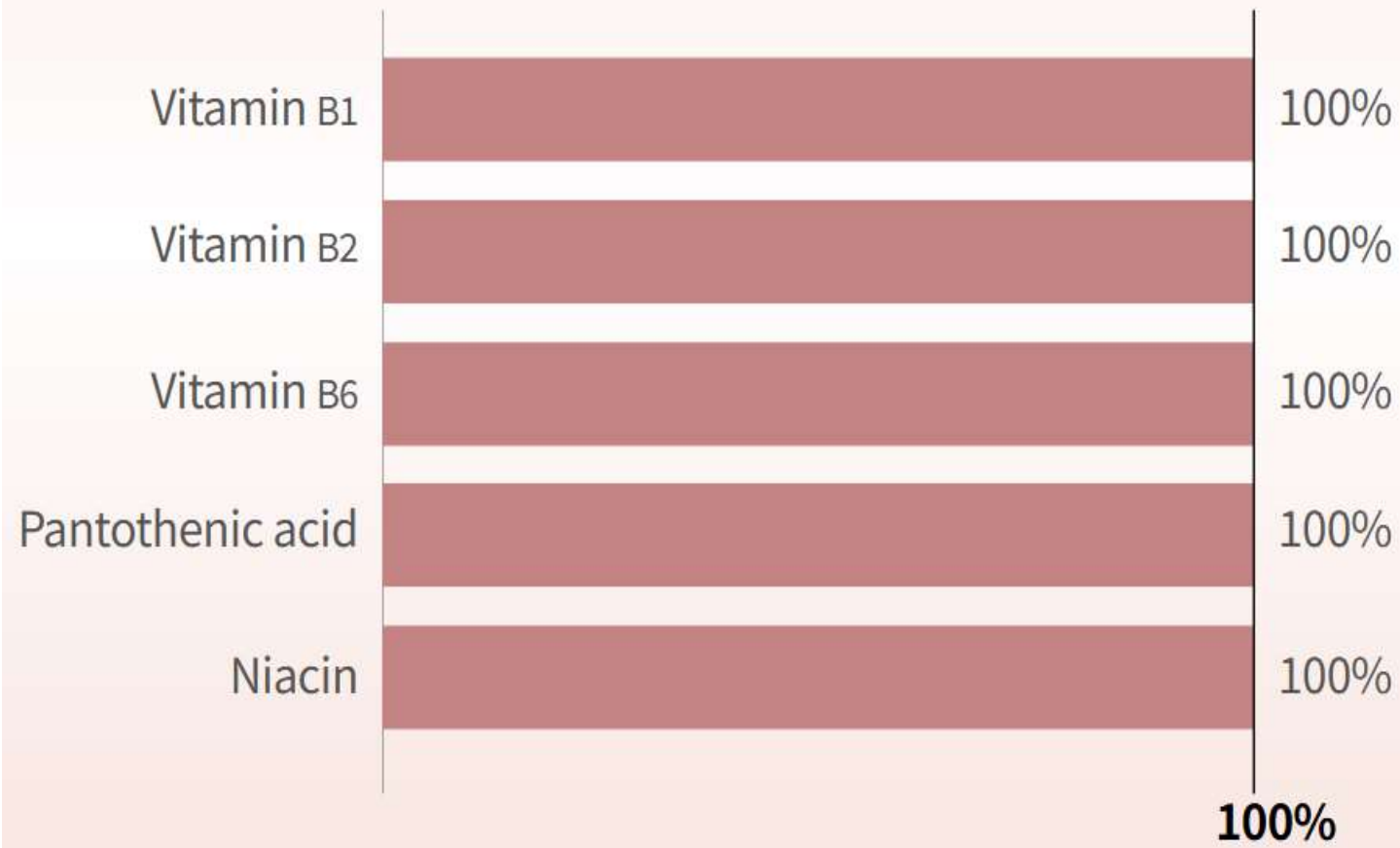


## Rosavin

Rosavin contained in Rhodiola rosea roots can help improve fatigue caused by stress.

# '5 types of B vitamins' necessary for energy metabolism

Meets 100% of the daily nutritional requirements!



# Added 31 carefully selected auxiliary ingredients

POINT 04

## 27-Type Fruit and Vegetable Mixed Concentrate



pomegranate



lime



blueberries



Cranberry



apple



green tea



red grapes



orange



tart cherry



Bilberry



radish



black garlic



broccoli



sprouted oats



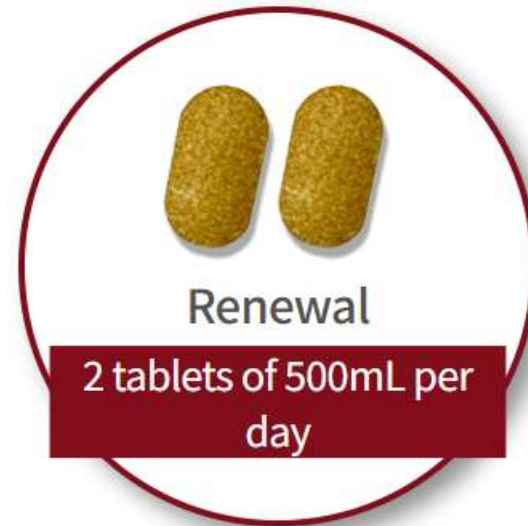
carrot



spinach

**General Balance Milk Thistle** has been made easier to consume by changing its size.

**General Balance Milk Thistle** has changed drastically.



# No additives

It is made without using **excipients (silicon dioxide, magnesium stearate)** used for production efficiency or product stabilization, or **additives (synthetic flavors, colorings)** to provide scent and color .



silicon dioxide



Magnesium stearate



HPMc  
(Hydroxypropyl Methylcellulose)



flash



synthetic fragrance



sweetener

# Dosage and Method of Consumption

## intake



1 tablet twice a day

## How to consume



Take regularly at a time you set for yourself; those with sensitive stomachs should take it after meals.

## Storage method

cool place

# We recommend **this** to the following people .



Office workers who frequently attend **company dinners and work** overtime

For those who are **tired** due to excessive work and stress



For those who want to **manage their liver health in advance**



For those who have **difficulty waking up** in the morning

For those who want a **vibrant life**



People who are **unable to manage their health** due to a busy lifestyle

BRAND STORY

## BRAND STORY



General  
**Balance**

**General Balance is a healthy habit that restores internal balance to modern people with irregular lifestyles.**

We aim to restore health balance from the disrupted lifestyles of modern people caused by stress, nutritional imbalances, and environmental pollution, and promote health not only in Korea but also worldwide with products that have been verified for both functionality and safety.