

COMPOSITION FOR ENHANCING BIOAVAILABILITY OF SILYMARIN

ABSTRACT OF THE DISCLOSURE

The present disclosure discloses a composition for enhancing bioavailability of silymarin, comprising, as effective ingredients, one or more of lecithin and phosphatidylcholine, wherein the composition is added to a food composition comprising silymarin and vegetable oils. More specifically, the composition for enhancing bioavailability of silymarin according to the present disclosure can effectively enhance bioavailability of silymarin while not comprising synthetic surfactants. In addition, the food composition comprising the composition for enhancing bioavailability of silymarin according to the present disclosure can exhibit excellent solubility and bioavailability of silymarin while not using synthetic surfactants and organic solvents, and can also prevent side effects caused by the use of synthetic surfactants or organic solvents.

FIG. 3