What is claimed is:

1. An additive composition for enhancing bioavailability of silymarin, comprising, as effective ingredients,

phosphatidylcholine; or

one or more of lecithin and phosphatidylcholine;

wherein the composition is added to a food composition comprising silymarin and vegetable oils, and

wherein the composition is added to the food composition such that the weight ratio of said silymarin : said effective ingredients is more than 1:0.46 and less than 1:2.31.

2. The additive composition according to claim 1, wherein said silymarin is obtained from a milk thistle extract.

3. The additive composition according to claim 1, wherein said lecithin is one or more of soybean lecithin and yolk lecithin.

4. The additive composition according to claim 1, wherein said vegetable oils are one or more selected from soybean oils, sunflower oils, rapeseed oils, avocado oils, corn oils, palm oils, coconut oils, rice oils, cottonseed oils, castor oils, sesame seed oils, flax seed oils, olive oils, canola oils, grape seed oils, almond oils, peanut oils, hazelnut oils and walnut oils.

5. The additive composition according to claim 1, wherein said weight ratio of said silymarin : said effective ingredients is more than 1:0.46 and 1:1.53 or less.

6. The additive composition according to claim 1, wherein

said food composition has a viscosity of less than 1800 cps.

7. An additive composition for enhancing bioavailability of silymarin, comprising, as effective ingredients,

phosphatidylcholine; or

one or more of lecithin and phosphatidylcholine;

wherein the composition is added to a food composition comprising silymarin and vegetable oils, and

wherein said food composition has a dissolution concentration of silymarin of 24 to 31 μg/mL within 240 minutes, when testing the dissolution in purified water according to the paddled method of the dissolution test method pursuant to the Korean Pharmacopoeia.

8. The additive composition according to claim 7, wherein the composition is added to the food composition such that the weight ratio of said silymarin : said effective ingredients is more than 1:0.46 and less than 1:2.31.

9. The additive composition according to any one of claims 1 to 8, wherein said food composition is a soft capsule formulation.

10. A food composition comprising the additive composition for enhancing bioavailability of silymarin according to any one of claims 1 to 8, silymarin and vegetable oils.

11. The food composition according to claim 10, wherein said food composition is a soft capsule formulation.