Table 2

	Time (minute)					
	5	15	30	60	120	240
Milk thistle extract	5.93	13.76	16.28	17.97	18.51	19.55
Comparative example 1	0.04	0.34	0.64	1.16	1.89	3.50
Comparative example 2	0.06	3.04	9.70	17.27	25.59	33.24
Comparative example 3	0.22	4.95	9.59	14.19	23.42	31.42
Comparative example 4	0.10	2.50	8.12	12.57	22.82	27.84
Example 1	0.37	1.35	2.27	3.57	4.84	7.48
Example 2	0.17	1.21	2.37	3.53	5.49	7.85
Example 3	0.27	1.50	2.48	4.25	6.24	8.49
Example 4	0.14	0.89	1.75	2.43	3.91	6.87
Example 5	0.09	0.77	1.71	2.64	4.27	6.56
Example 6	0.09	0.77	2.50	3.01	6.53	9.38
Example 7	0.29	0.92	1.95	4.60	9.73	19.63
Example 8	0.92	4.38	6.94	11.32	16.68	21.29
Example 9	1.50	3.45	9.39	16.81	18.77	21.70
Example 10	0.23	2.69	5.30	9.03	21.64	25.13
Example 11	0.89	7.80	12.44	17.27	22.18	24.91
Example 12	0.72	6.40	13.33	18.84	22.77	24.02
Example 13	3.80	11.24	17.46	22.83	27.42	28.25
Example 14	2.98	10.58	14.29	19.92	23.74	26.25
Example 15	2.30	9.38	12.98	16.54	24.05	26.72
Example 16	0.99	9.46	18.51	22.97	27.92	30.90
Example 17	1.45	11.02	18.38	22.74	27.72	30.48
Example 18	1.20	8.50	12.59	18.71	25.02	28.52
Example 19	0.20	3.50	4.80	10.10	22.64	26.29
Example 20	0.18	2.50	15.23	18.94	22.65	25.44
Example 21	0.15	1.50	9.75	14.55	20.01	23.08

The results shown in Table 2 and FIG. 1 show that as compared to Comparative Example 1 comprising only silymarin and soybean oil, Examples 1 to 21 comprising silymarin, soybean oil and one or more of lecithin and phosphatidylcholine exhibit a higher dissolution concentration of silymarin. Thus, it was confirmed that the dissolution rate of silymarin is increased by comprising one or more of lecithin and phosphatidylcholine.

In addition, it can be verified that Examples 7 to 21 comprising one or more of lecithin and phosphatidylcholine at a weight ratio of 1:0.46 to 1:1.53 have a greatly higher dissolution concentration of silymarin after 240 minutes of the dissolution test as compared to the milk thistle extract.

As can be seen from the above, it was verified that the health functional food composition comprising the composition for enhancing bioavailability of silymarin according to the present disclosure and silymarin has greatly enhanced bioavailability due to the excellent dissolution rate of silymarin.

On the other hand, it was confirmed that Comparative Examples 2 to 4 have increased dissolution concentration of silymarin as the amount of one or more of lecithin and phosphatidylcholine is increased, but as will be shown in Test Example 2 below, the test results of disintegration show that the formulation as a soft capsule is impossible.

[Test Example 2] Disintegration Test of Soft Capsule Formulation

The disintegration test was performed in order to evaluate whether the compositions of Example 11 and