thus become practicable. Legalon exerts general supportive and promoting effects on cell metabolism and hence has an overall protective effect on liver function.

**Indications**
Toxic liver damage
For supportive treatment in chronic liver diseases and cirrhosis.

**Dosage**
In severe cases 2 Legalon 70 sugar-coated tablets or 1 Legalon 140 capsule three times daily.
As a maintenance dose and as initial dosage in moderate cases 1 Legalon 70 sugar-coated tablet three times daily.

**Side effects**
In individual cases a mild laxative effect has been observed.

**Presentation**
Manufacturer’s packs of 40 and 80 Legalon 70 sugar-coated tablets.

Manufacturer’s pack of 30 Legalon 140 hard capsules.

**Composition**
1 Legalon 70 sugar-coated tablet contains 70 mg silymarin.
1 Legalon 140 capsule contains 140 mg silymarin.

**Action**
The principal components of the cell are the cytoplasm, the nucleus, the mitochondria and the endoplasmic reticulum. Each of these ultrastructures has a variety of functions, many of which are now known. Electron microscopy has given us closer insight into the intimate structures of these components. Both the cell itself and the cytoplasmic particles are surrounded by membranes, the integrity of which is essential for the maintenance of all its normal functions. Any change in these membranes allows egress of enzymes, electrolytes and other materials from the liver cell and ingress of harmful substances from outside. Direct protection of the liver cell can be achieved only by stabilizing the membranes, re-establishing their ultrastructure and restoring their functions to normal. This means that any effective hepatoprotective agent must have as its site of action the external membrane of the liver cell and the internal membranes of the organelles within its cytoplasm. The integrity - or restoration - of specific membrane functions is essential for the metabolic, detoxicating and synthetic activities of the liver.

The pharmacological and clinical investigations described below leave no doubt that Legalon, by virtue of its anti-hepatotoxic principle, silymarin, constitutes a therapeutic agent which can exercise a direct protective action on the liver cell by means of its membrane-stabilizing properties. A specific preventive and therapeutic action on the liver cell has