

Global Milk Thistle Extract Market 2026

Market size, segmentation, competitive landscape and outlook

2021–2031

Moving forward, together



Every one of us has, at some point, heard the line from *Alice in Wonderland*: “It takes all the running you can do, to keep in the same place. If you want to get somewhere else, you must run at least twice as fast.” Cliché as the quote has become, our world is changing at extraordinary speed. And yet, to my mind, it matters not only to run fast, but — more importantly — to know where you are running.

We see ourselves as the navigator, ready at the right moment to point out the correct course. By providing current, timely information for the decisions that matter, we aim to protect our clients from missteps and to help them find new opportunities.

It matters to us that you are satisfied with the work we have done. If you have any questions about this report, we will be glad to answer them.

ANDREY SHEVCHENKO, Managing Partner

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Market at a glance

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Indicator	Value
Market size (2025)	USD 148 m
Forecast (2031)	USD 214.7 m
CAGR (2021–2031)	6.4%
Study period	2021–2031
Largest region	North America · 34%
Fastest-growing region	Asia-Pacific · 8.5%
Market concentration	Low
Licence	Individual / Company

The global milk thistle extract market reached USD XXX million in 2025 and will reach USD XXX million by 2031, expanding at a XX% CAGR, according to shev.io Research. Demand centers on standardized silymarin ingredients for dietary supplements and oral botanical medicines, with procurement increasingly shaped by compositional consistency, traceability and formulation performance. North America accounts for XX% of market value, while Asia-Pacific records the fastest regional growth at XX% annually. This report examines ingredient economics, application demand, supplier capabilities and regulatory requirements across the value chain.

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Executive summary

The global milk thistle extract market reached USD XXX million in 2025 and will reach USD XXX million by 2031, expanding at a XX% CAGR, according to shev.io Research. Demand centers on standardized silymarin ingredients for dietary supplements and oral botanical medicines, with procurement increasingly shaped by compositional consistency, traceability and formulation performance. North America accounts for XX% of market value, while Asia-Pacific records the fastest regional growth at XX% annually. This report examines ingredient economics, application demand, supplier capabilities and regulatory requirements across the value chain.

Indicator	Value
Market size 2025	XXX
Forecast 2031	XXX
CAGR	XXX
Largest region	XXX
Fastest region	XXX

Key findings

- shev.io Research places global milk thistle extract revenue at USD XXX million in 2025 and USD XXX million in 2031.
- The market expands at a XX% CAGR during 2025–2031, adding USD XXX million in annual revenue.
- North America leads with XX% of global ingredient revenue in 2025, followed by Europe at XX%.
- Asia-Pacific represents XX% of the base-year market and grows at XX% annually, the fastest regional rate.
- Conventional standardized silymarin extracts account for XX% of market value; enhanced-delivery ingredients represent XX%.
- Dry powders and granules capture XX% of ingredient revenue, reflecting their compatibility with capsules, tablets and premixes.
- Dietary supplements account for XX% of demand, while oral pharmaceutical and traditional herbal products contribute XX%.
- Direct supplier sales account for XX% of revenue, supported by formulation support, qualification requirements and recurring purchasing contracts.

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Market size and forecast

Market value by year, USD bn

Indicator	2026	2027	2028	2029	2030	2031	CAGR
Market value, USD bn	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Market volume	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Production	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Imports	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Exports	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Apparent consumption	XXX	XXX	XXX	XXX	XXX	XXX	XXX

Source: XXX

Year-over-year value change

Indicator	2027	2028	2029	2030	2031	CAGR
Market value	X%	X%	X%	X%	X%	X%
Production	X%	X%	X%	X%	X%	X%
Imports	X%	X%	X%	X%	X%	X%
Exports	X%	X%	X%	X%	X%	X%

Source: XXX

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Milk Thistle Extract Market Trends and Growth Drivers

Milk thistle extract economics sit at the intersection of agricultural procurement, botanical chemistry and regulated consumer-product manufacturing. Fruit supply determines the starting material, but extraction yield, analytical specifications and customer qualification determine commercial value. A supplier's ability to deliver the same documented ingredient repeatedly is therefore as important as its access to raw material.

Demand is anchored in liver-health positioning, while the boundaries of permissible claims vary by product classification and destination. This creates separate commercial pathways for general wellness supplements, traditional herbal medicines and other formulated products. Scientific evidence, manufacturing documentation and sales messaging must align with the pathway chosen by the customer.

The market also contains a structural divide between conventional standardized extracts and differentiated ingredient systems. Conventional suppliers compete on procurement, process efficiency and service; enhanced-delivery suppliers must justify additional cost through relevant formulation performance and evidence. The forecast reflects both expanding ingredient demand and the changing mix between these commercial models.

Growth drivers

Recurring liver-health supplement demand

Milk thistle occupies an established position in liver-health supplement assortments, giving formulators a recognizable botanical around which to build single-ingredient and combination products. Repeat purchasing and continuity of existing product lines sustain ingredient demand even when new launches fluctuate. Suppliers benefit most when they can support reliable replenishment and consistent specifications across successive production batches.

Standardized silymarin specifications

Professional buyers increasingly distinguish between an extract's headline assay and the analytical method, constituent profile and manufacturing controls behind it. This favors suppliers able to document identity, composition, residual solvents and contaminant performance in a coherent technical dossier. Stronger specifications support value growth through better product mix and reduce the substitutability of qualified ingredients.

Enhanced-delivery formulation development

Silymarin's formulation limitations create a commercial opening for phospholipid complexes and other delivery systems designed to improve dispersion or exposure. Ingredient developers can capture additional value by combining extract production with application support and evidence specific to the supplied formulation. Adoption depends on the finished-product economics and on whether a buyer can communicate a defensible benefit.

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Asian supplement manufacturing expansion

Asia-Pacific combines botanical processing capabilities with expanding domestic supplement and contract-manufacturing businesses. Regional formulators increasingly require ingredients suited to local registrations, dosage formats and purchasing structures. Suppliers that pair competitive production with reliable documentation can participate in both export orders and regional consumption growth.

Established European herbal-medicine demand

European traditional herbal products provide an established commercial channel for milk thistle preparations that meet the relevant medicinal framework. This channel places greater weight on defined preparations, manufacturing controls and dossier continuity than on rapid changes in consumer branding. Qualified suppliers can secure durable relationships because changing an ingredient source may require substantial technical assessment.

Traceability and documentation premiums

Brand owners and contract manufacturers need evidence connecting botanical identity, agricultural sourcing and finished extract quality. Suppliers that maintain lot-level traceability and provide complete qualification packages reduce the buyer's compliance workload. These services support premium positioning, particularly where ingredients enter regulated products or multinational sourcing programmes.

Restraints

Clinical-evidence and health-claim limitations

Recognition of milk thistle as a traditional botanical does not establish efficacy for treating a particular liver disease. The US National Center for Complementary and Integrative Health identifies conflicting or insufficient clinical evidence, while regulators distinguish supplement positioning from medicinal claims. These boundaries constrain advertising, raise evidence costs and limit how far brands can extend the ingredient's established reputation.

Agricultural and contaminant variability

Fruit quality, constituent content and contaminant exposure vary across growing conditions and procurement lots. Extraction companies must manage this variability through supplier qualification, testing, blending policies and process control. Rejected lots or lower extraction yields can reduce available output and compress margins even when finished-ingredient demand remains stable.

Commodity competition and procurement pressure

Conventional extracts face price competition when buyers treat nominally similar assay specifications as interchangeable. Distributors and large contract manufacturers can exert substantial purchasing pressure across qualified suppliers. Producers without differentiated documentation, service or formulation capabilities have limited ability to pass through agricultural and processing costs.

Solubility and formulation constraints

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Conventional milk thistle extracts are easier to commercialize in familiar solid-dose formats than in clear beverages or demanding liquid systems. Developers must address dispersibility, sedimentation, taste and compatibility with other ingredients before moving into these applications. Additional development work and carrier requirements can weaken the economics of otherwise attractive product concepts.

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Milk Thistle Extract Market Drivers, Restraints and CAGR Impact

Drivers — impact on forecast

Driver	Impact on CAGR	Geography	Horizon
Recurring liver-health supplement demand	XXX	XXX	XXX
Standardized silymarin specifications	XXX	XXX	XXX
Enhanced-delivery formulation development	XXX	XXX	XXX
Asian supplement manufacturing expansion	XXX	XXX	XXX
Established European herbal-medicine demand	XXX	XXX	XXX
Traceability and documentation premiums	XXX	XXX	XXX

Source: XXX

Restraints — impact on forecast

Restraint	Impact on CAGR	Geography	Horizon
Clinical-evidence and health-claim limitations	XXX	XXX	XXX
Agricultural and contaminant variability	XXX	XXX	XXX
Commodity competition and procurement pressure	XXX	XXX	XXX
Solubility and formulation constraints	XXX	XXX	XXX

Source: XXX

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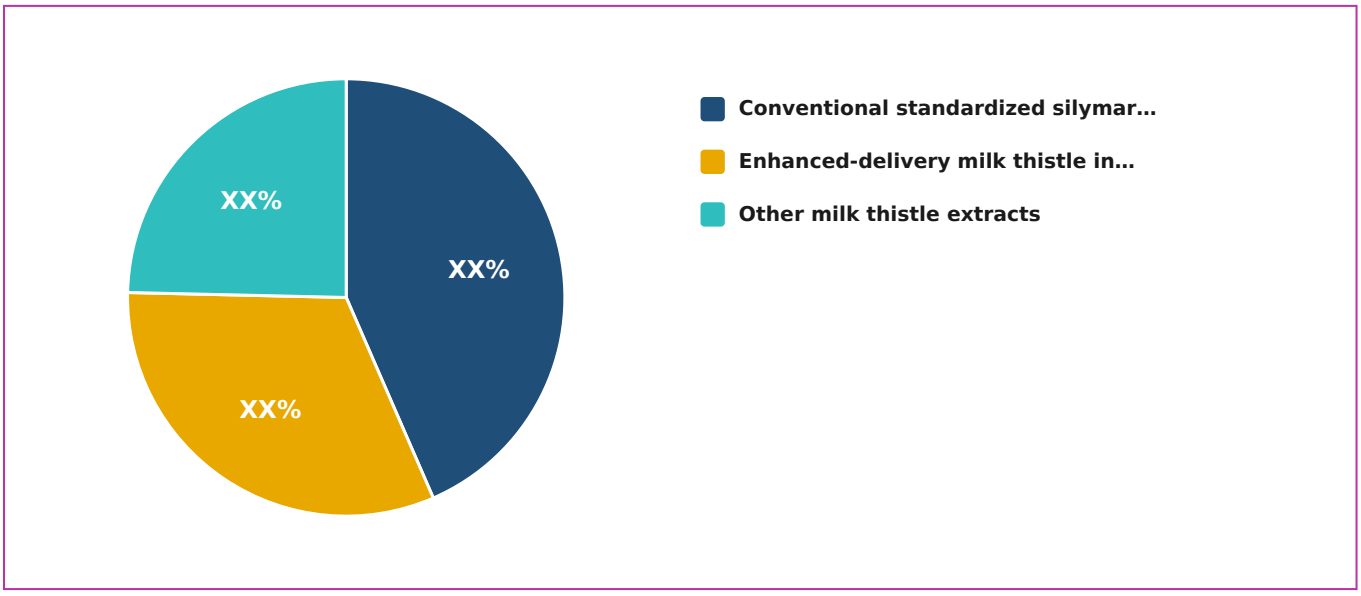
Milk Thistle Extract Market Segmentation by Standardization, Form and Application

By Standardization and Delivery System

Conventional standardized extracts dominate established capsule, tablet and oral herbal-product formulations because buyers can procure against familiar compositional specifications. Enhanced-delivery ingredients form the fastest-growing category as formulators seek differentiated products supported by ingredient-specific performance evidence. Enhanced-delivery products are assigned to their own category even when the underlying extract is standardized, keeping the segments mutually exclusive.

Value share by standardization and Delivery System, 2025



Source: XXX

Value by standardization and Delivery System, USD bn

Segment	2026	2027	2028	2029	2030	2031	Share 2025	CAGR
Conventional standardized silymarin extracts	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Enhanced-delivery milk thistle ingredients	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Other milk thistle extracts	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX

Source: XXX

By Physical Form

Dry ingredients lead because they integrate readily into the solid-dose formats that dominate milk thistle supplementation. Liquid extracts and concentrates serve oral liquids, cosmetics and selected formulated food applications, but their specifications must account for solvent systems and solids content. Liquids are

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the faster-growing form from a smaller base, while dry ingredients retain the largest absolute revenue contribution.

Value by physical Form, USD bn

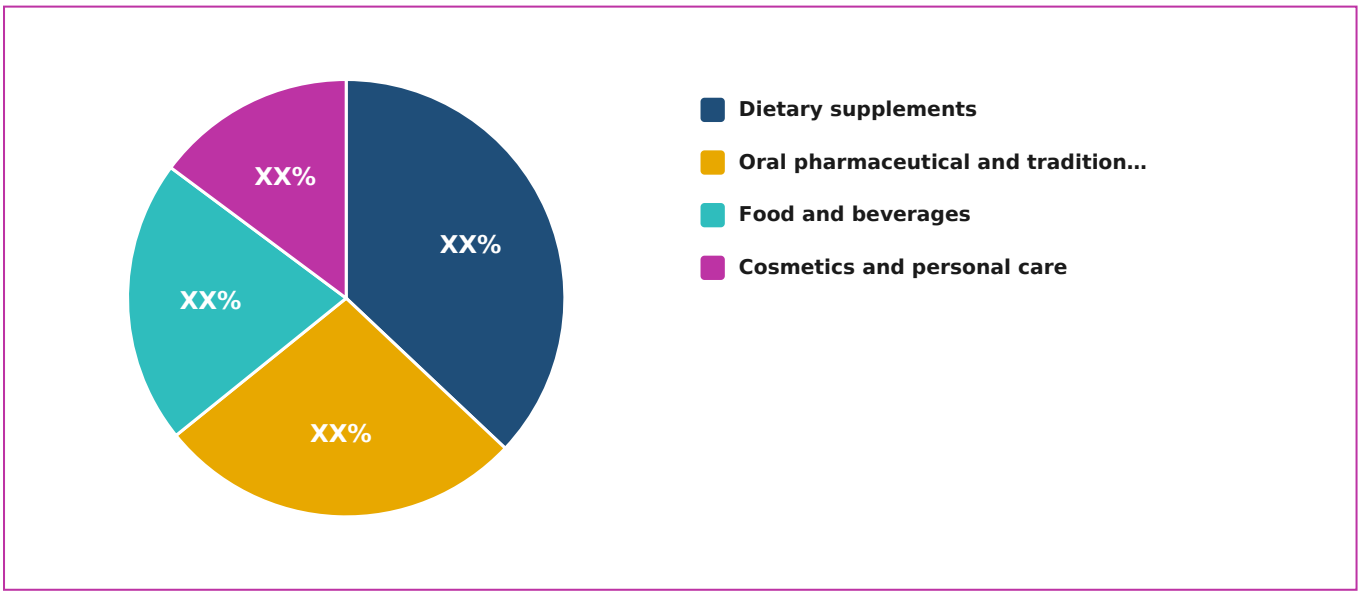
Segment	2026	2027	2028	2029	2030	2031	Share 2025	CAGR
Dry powders and granules	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Liquid extracts and concentrates	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX

Source: XXX

By Application

Dietary supplements provide the broadest customer base, spanning established botanical brands and contract manufacturers. Oral pharmaceutical and traditional herbal products support a distinct demand pool with preparation-specific quality and regulatory requirements. Cosmetics grow fastest from a small base, while food and beverage adoption depends on solving taste, dispersibility and local ingredient-permission requirements.

Value share by application, 2025



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Value by application, USD bn

Segment	2026	2027	2028	2029	2030	2031	Share 2025	CAGR
Dietary supplements	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Oral pharmaceutical and traditional herbal products	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Food and beverages	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Cosmetics and personal care	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX

Source: XXX

By Sales Channel

Direct relationships dominate larger accounts because extract qualification, formulation support and recurring contracts benefit from close supplier involvement. Specialist distributors aggregate smaller orders and provide local inventory, documentation and market access. Distribution grows faster where fragmented regional demand makes a local technical and commercial presence more efficient than direct coverage.

Value by sales Channel, USD bn

Segment	2026	2027	2028	2029	2030	2031	Share 2025	CAGR
Direct supplier sales	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Specialist ingredient distributors	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX

Source: XXX

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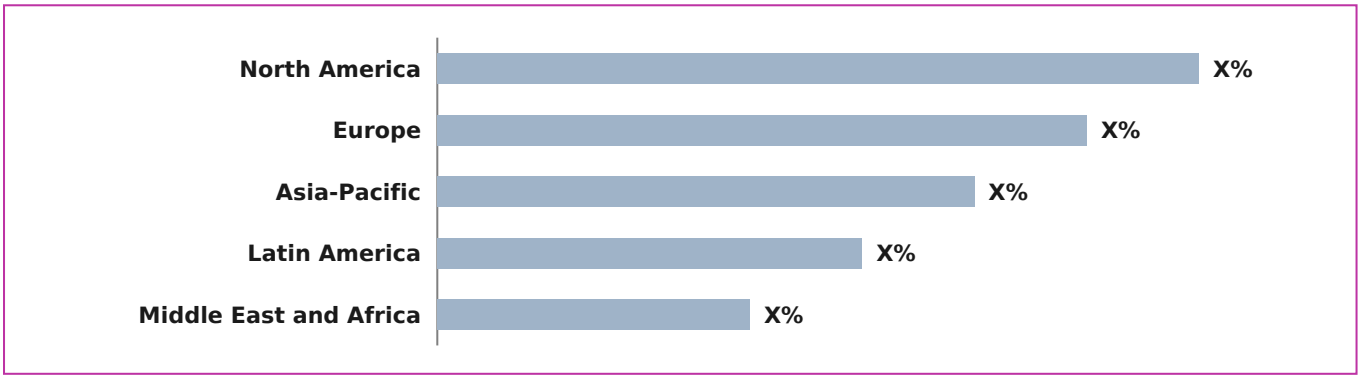
Milk Thistle Extract Market Regional Analysis and Country Outlook

North America accounts for XX% of global ingredient revenue in 2025. The United States anchors regional demand through established supplement brands, contract manufacturers and specialist ingredient distributors. Commercial success depends on qualification packages that address identity, strength, composition and contaminant controls, alongside disciplined separation of permissible supplement positioning from disease claims. Canada requires a separate natural-health-product assessment, while Mexico is included within North America throughout the market tables.

Europe contributes XX% of market revenue and combines supplement demand with an established oral herbal-medicine channel. Germany and Italy are important markets for botanical product development and supplier relationships, while France and the United Kingdom require distinct assessments of product classification, claims and distribution. European demand rewards suppliers that can maintain preparation-specific documentation and continuity of supply. The European Medicines Agency's milk thistle fruit monograph informs the medicinal context but does not create a general authorization for food-supplement claims.

Asia-Pacific represents XX% of the market and grows at XX% annually through 2031. China and India contribute manufacturing depth, while Japan and other regional markets offer differentiated opportunities in supplements and formulated wellness products. Regional demand is measured by ingredient destination, preventing export production from inflating local consumption. Latin America and the Middle East and Africa provide smaller growth opportunities in which distributor capabilities, registration requirements and the purchasing scale of local formulators strongly influence supplier access.

Growth rate by region, 2025-2031



Source: XXX

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Market value by region, USD bn

Region	2026	2027	2028	2029	2030	2031	Share 2025	CAGR
North America	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Europe	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Asia-Pacific	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Latin America	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Middle East and Africa	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX

Source: XXX

Market value by leading country, USD bn

Country	2025	2031	Share 2025	CAGR
United States	XXX	XXX	XXX	XXX
Germany	XXX	XXX	XXX	XXX
United Kingdom	XXX	XXX	XXX	XXX
Belgium	XXX	XXX	XXX	XXX
Netherlands	XXX	XXX	XXX	XXX
Japan	XXX	XXX	XXX	XXX
China	XXX	XXX	XXX	XXX
Mexico	XXX	XXX	XXX	XXX

Source: XXX

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Milk Thistle Extract Market Competitive Landscape and Company Share

The milk thistle extract market has low concentration at the global ingredient level, with specialist European botanical suppliers, North American extract businesses and Asian manufacturers competing across different specification and service tiers. The competitive set includes Indena, Euromed, MartinBauer, Givaudan's Naturex business, Alchem International, Bio-Botanica and Jiaherb. Supplier position depends on qualifying customers and sustaining repeat orders; retail visibility of a supplement brand is not a measure of upstream ingredient share.

Differentiation is strongest where suppliers combine botanical sourcing, reproducible extraction, analytical capabilities and formulation support. Indena's Siliphos illustrates the enhanced-delivery segment, while conventional standardized extracts remain the largest commercial category. Company comparisons therefore separate standard extracts, delivery-system ingredients and preparation-specific medicinal supply. They also distinguish a company's total botanical business from the milk thistle revenue that falls within this report.

Portfolio ownership and manufacturing footprint affect customer access, but acquired corporate revenue cannot be treated as milk thistle revenue. The competitive assessment examines parent-company relationships, disclosed manufacturing changes and relevant product announcements individually. Capacity analysis focuses on facilities and lines capable of processing milk thistle, their product allocation and qualification status; general botanical extraction capacity is not counted as dedicated milk thistle output.

Leading companies

Company	HQ	Est. revenue 2025	Market share 2025	YoY
Indena	XXX	XXX	XXX	XXX
Euromed	XXX	XXX	XXX	XXX
MartinBauer	XXX	XXX	XXX	XXX
Givaudan	XXX	XXX	XXX	XXX
Alchem International	XXX	XXX	XXX	XXX
Bio-Botanica	XXX	XXX	XXX	XXX
Jiaherb	XXX	XXX	XXX	XXX
Naturalin Bio-Resources	XXX	XXX	XXX	XXX

Source: XXX

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Milk Thistle Extract Market Forecast and Commercial Opportunities

Global revenue reaches USD XXX million by 2031, with conventional standardized ingredients continuing to provide the largest revenue pool. Value growth reflects increasing ingredient demand, a shift toward better-documented specifications and selective adoption of enhanced-delivery products. Suppliers with dependable agricultural procurement and efficient extraction processes are positioned to defend margins across both premium and price-sensitive customer accounts.

The strongest commercial opportunities connect technical differentiation to a specific customer problem. These include application support for difficult formulations, consistent constituent profiles for established product lines and dossier packages that reduce qualification work. Beverage and cosmetic applications offer additional outlets, but their development requirements and purchasing scales differ materially from those of capsules and tablets.

The upside scenario centers on faster adoption of differentiated ingredients and broader regional formulation activity. The downside scenario centers on tighter claims enforcement, agricultural disruption and persistent purchasing pressure on conventional extracts. Investment decisions should therefore separate expansion of general extraction capacity from the evidence, quality systems and customer support needed to sell higher-value ingredients.

Opportunities

- Product-specific evidence packages for enhanced-delivery milk thistle ingredients
- Qualified supply agreements with regional supplement contract manufacturers
- Traceable fruit sourcing with documented contaminant and pesticide controls
- Application-ready ingredients for dispersible powders and liquid systems
- Country-specific dossiers for oral traditional herbal products
- Specialist distribution serving smaller brands without sacrificing technical support

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