



# HRI MILK THISTLE™ TABLETS

Milk Thistle standardised fruit extract 300 mg



**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

- Always take this medicine exactly as described in this leaflet, or as your doctor, or pharmacist or qualified healthcare practitioner has told you.
- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor, pharmacist or qualified healthcare practitioner. This includes any possible side effects not listed in this leaflet.

## What is in this leaflet?

1. What HRI Milk Thistle is and what it is used for
2. Before you take HRI Milk Thistle
3. How to take HRI Milk Thistle
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## 1. What HRI Milk Thistle is and what it is used for

### What HRI Milk Thistle is

This product is a traditional herbal medicinal product containing Milk Thistle standardised fruit extract. Each film-coated tablet contains 300 mg of standardised extract (as dry extract) from Milk Thistle fruits (*Silybum marianum* (L.) Gaertner) (equivalent to 7200mg - 8100mg of Milk Thistle fruits) corresponding to 174mg of silymarin, calculated as silibinin. Extraction solvent: Acetone 95% v/v.

### What HRI Milk Thistle is used for

**HRI Milk Thistle is a traditional herbal medicinal product used to relieve the symptoms associated with occasional over indulgence of food and drink such as indigestion and upset stomach based on traditional use only.**

## 2. Before you take HRI Milk Thistle

### × Do not take if you:

- are under the age of 18 years
- are pregnant or breastfeeding
- are allergic to Milk Thistle or plants of the Asteraceae/Compositae family such as daisies, marigolds or artichokes or any other of the ingredients ( see section 6 )

**Tell your doctor before taking this product if you are currently suffering from active liver disease.**

### Taking other medicines

Tell your doctor or pharmacist before use if you are taking any other medicines, including those obtained without prescription.

## 3. How to take HRI Milk Thistle

### Adults and the elderly

The recommended dosage is 1 or 2 tablets daily. The tablets must be swallowed whole with a little water. Do not chew the tablets. Do not take more than the leaflet tells you to.

This product is not recommended for children or adolescents under 18 years of age.

### If you take too much of this product (overdose)

If you take more than the recommended dose, speak to a doctor, pharmacist or qualified healthcare practitioner and take this leaflet with you.

### If you forget to take this product

Continue to take your usual dose at the usual time, it does not matter if you have missed a dose.

**If your condition worsens or if symptoms persist one week after taking this product or if side effects become serious or if side effects not mentioned in the patient information leaflet occur, consult a doctor or a qualified healthcare practitioner. If you have any questions, or are unsure about anything, please ask your doctor, pharmacist or qualified healthcare practitioner.**

## 4. Possible Side Effects

Like all medicines, this product can have side effects although the frequency is not known. These are listed below.

- Nausea (feeling sick)
- Upset stomach
- Diarrhoea
- Headache
- Mild allergic reactions such as itching and or skin rash, urticaria, anaphylaxis, hives, pruritus. If you experience an allergic reaction, stop taking this product and consult your doctor.

### Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide more information on the safety of this medicine.

## 5. How to Store HRI Milk Thistle

- ✗ Do not use your tablets after the expiry date. Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help protect the environment. The expiry date is printed on the box and blister pack. The expiry date refers to the last day of that month.
- ✓ Do not store above 25°C. Store in the original packaging.
- ! Keep the tablets out of the reach and sight of children.
- ✓ Keep your tablets in the blister pack until it is time to take them.

## 6. Further Information

**Active Ingredients:** Each film-coated tablet contains 300 mg of standardised extract (as dry extract) from Milk Thistle fruits (*Silybum marianum* (L.) Gaertner) (equivalent to 7200mg - 8100mg of Milk Thistle fruits) corresponding to 174mg of silymarin, calculated as silibinin. Extraction solvent: Acetone 95% v/v.

This product also contains the following ingredients:

Tablet core: Calcium Carbonate, Pregelatinised Starch, Sodium Croscarmellose, Silicon Dioxide, Magnesium Stearate, Stearic Acid.

Tablet coating: Hypromellose, Purified Talc, Spectracote Purple (Anthocyanin (E163), Titanium Dioxide (E171), Hypromellose, Citric Acid).

### What these tablets look like

HRI Milk Thistle Tablets are pale purple oval biconvex film coated tablets. This product is available in 30, 60, 90 pack sizes. Not all pack sizes may be marketed.

Traditional Herbal Registration Number: THR 02231/0004

Registration holder for this product:

**The Herbal Research Company Limited, 27 Old Gloucester Street, London WC1N 3XX, UK.**

### Manufacturers:

Surepharm Services Ltd, Burton-on-Trent DE15 0YZ, UK.

Honeywood Ltd, Wellingborough, NN8 2QY, UK.

If you would like further information about this product please contact:

**The Herbal Research Company Limited, 27 Old Gloucester Street, London WC1N 3XX, UK.**

Email: [info@hriherbalmedicine.co.uk](mailto:info@hriherbalmedicine.co.uk)

For a large print, Braille or audio version of this leaflet call 01932 854825.

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Certification Mark

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