

## PATIENT INFORMATION LEAFLET

# HOLLAND & BARRETT

## MILK THISTLE CAPSULES

### Milk Thistle Standardised Fruit Extract

#### Important notes

- ◆ Please read this leaflet carefully before you use this product because it contains important information
- ◆ Keep this leaflet; you may need to read it again
- ◆ Seek professional advice if you need more information
- ◆ Please tell a Doctor or a qualified Healthcare Practitioner if your symptoms worsen or do not improve after 1 week of taking this product
- ◆ Please tell a Doctor or a qualified Healthcare Practitioner if you suffer from side effects not listed in this leaflet and/or if any of the side effects become serious

#### In this leaflet

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#### 1 - What this product is and what it is used for

This product contains Milk Thistle Standardised Fruit Extract. It 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. This is based on traditional use only.

#### 2 - Before you take this product

Do not take this product if you are:

- ◆ Under 18 years of age
- ◆ Pregnant or breastfeeding
- ◆ Allergic to Milk Thistle or plants of the Asteraceae/Compositae family such as daisies, marigolds or artichokes or to any of the ingredients in this product (see section 6 of this leaflet)

**Consult a Doctor or a qualified Healthcare Practitioner if you are currently suffering from active liver disease.**

#### 3 - How to take this product

For oral use only.

**For adults and elderly:** Take 1 capsule 2 times daily. Swallow the whole capsule with water.

Do not exceed the stated dose.

**If you take too much of the product (overdose):** Speak to a Doctor or a qualified Healthcare Practitioner immediately and take this leaflet and bottle with you.

**If you forget to take this product:** Do not take a double dose to make up for the missed dose(s). Continue to take your usual dose at the usual time. It does not matter if you have missed a dose.

**Duration of use:** If symptoms worsen or do not improve after one week, a Doctor or a qualified Healthcare Practitioner should be consulted.

#### 4 - Possible side effects

Like all medicines, this product can have side effects although the frequency is not known. Possible side effects are:

- ◆ Nausea (feeling sick)
- ◆ Diarrhoea
- ◆ Upset stomach
- ◆ Headache
- ◆ Mild allergic reactions such as itching and/or skin rash, urticaria, anaphylaxis, hives, pruritus

If any of the above side effects become serious or if you experience any other side effects not listed above consult your Doctor, Pharmacist or a qualified Healthcare Practitioner.

**If you experience any allergic reactions, stop taking this product and consult your Doctor.**

#### 5 - How to store this product

- ◆ Keep the capsules in the bottle until it is time to take them
- ◆ Do not take the capsules after the expiry date (see outer label). The expiry date refers to the last day of the month
- ◆ Do not store above 25°C
- ◆ Keep the bottle tightly closed
- ◆ Keep in the original container
- ◆ Keep the capsules out of sight and reach of children

More information on back panel

## 6 - Further information

Each hard capsule contains 133mg-324mg of extract (as dry extract) from Milk Thistle Fruits (*Silybum marianum* (L.) Gaertner) (equivalent to 3325mg-9720mg of Milk Thistle Fruits) corresponding to 108mg of silymarin, calculated as silibinin.

Extraction solvent: Acetone 99.9% v/v.

**This product also contains the following inactive (excipient) ingredients:** Microcrystalline cellulose, Magnesium stearate, Silica colloidal hydrated.

**Excipients in the extract:** Maltodextrin.

**Capsule shell:** Hypromellose.

Each bottle contains 30, 50 or 100 clear; two piece capsules with beige/brown fill. Not all pack sizes may be marketed.

THR 21710/0024

### Traditional Herbal Registration Holder

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

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Is this leaflet hard to see or read?

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You can help to make medicines safer by reporting any side effects to the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard)  
Alternatively you can get a paper Yellow Card form from your GP's surgery or pharmacy, or call freephone **0800 100 3352**

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