



# HRI MILK THISTLE™ TABLETS

## Milk Thistle standardised fruit extract 300 mg



**Please read this information carefully** before you start taking these tablets. It contains some important information about this product. Keep this leaflet with the tablets. You may want to read it again or show it to your doctor, pharmacist or qualified healthcare practitioner.

### **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
4. Possible Side Effects
5. How to store HRI Milk Thistle
6. Further Information

## **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 exceed the stated dose.

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.

If side effects become serious or if you notice any side effects not mentioned above after taking this medicine, a doctor or qualified healthcare practitioner should be consulted.

