

## 6: Further information

Each hard capsule of this product contains 193mg – 261mg of standardised extract (as dry extract) from Milk Thistle fruits (*Silybum marianum* (L.) Gaertn.) (equivalent to 3.725g – 10.818g of Milk Thistle fruits). This amount of standardised extract corresponds to 108mg of silymarin, calculated as silibinin. Extraction solvent: Acetone 95% v/v.

**This product also contains the following ingredients:**

### Extract excipients:

Mannitol.

### Capsule contents:

Mannitol, cellulose microcrystalline, croscarmellose sodium, silica colloidal anhydrous, magnesium stearate.

### Capsule shell:

Gelatin, purified water, titanium dioxide E171, sodium lauryl sulphate, iron (III)-oxide E172 (= red iron oxide), iron oxide hydrate E172 (= yellow iron oxide).

Each pack contains 30 hard capsules.

### Registration holder for this product

Schwabe Pharma (UK) Ltd, Alexander House, Mere Park, Dedmere Road, Marlow, Bucks, SL7 1PD

### Manufacturer of this product

Wiewelhove GmbH, Gildestrasse 39, 49477 Ibbenbüren, Germany

Traditional herbal registration number: THR 23056/0010

If you would like further information about this product, please contact:  
Healthspan Ltd, PO Box 64, Guernsey, GY1 1BT

Telephone: 0800 73 123 77. Email: [herbalinfo@healthspan.co.uk](mailto:herbalinfo@healthspan.co.uk)

This leaflet was prepared in March 2011.

THR 23056/0010



certification mark

3975/01



# Healthspan Milk Thistle

Capsules

Milk Thistle Standardised Fruit Extract

**Please read this leaflet carefully before you start taking these capsules.**

It contains some important information about Healthspan Milk Thistle.

**Keep this leaflet with the capsules.**

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 this product is and what it is used for** .....page 1
- 2: **Before you take this product** .....page 2
- 3: **How to take this product** .....page 2
- 4: **Possible side-effects** .....page 3
- 5: **How to store this product** .....page 3
- 6: **Further information** .....page 4

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

This product is a traditional herbal medicinal product containing Milk Thistle standardised fruit extract. Each capsule of this product contains 193mg – 261mg of standardised extract (as dry extract) from Milk Thistle fruits (*Silybum marianum* (L.) Gaertn.) (equivalent to 3.725g – 10.818g of Milk Thistle fruits). This amount of standardised extract corresponds to 108mg of silymarin, calculated as silibinin. Extraction solvent: Acetone 95% v/v.

**Healthspan Milk Thistle is a traditional herbal medicinal product used to relieve the symptoms associated with occasional over-indulgence of drink and food such as indigestion and upset stomach. This usage 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 breast-feeding
- allergic to any of the ingredients or to plants of the Asteraceae/Compositae family such as daisies, marigolds or artichokes (see section 6)

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

## 3: How to take this product

### Adults and the elderly

**Take 1 capsule up to twice daily.** Swallow the capsules whole with some water or other liquid. Do not chew the capsules.

**Do not exceed the stated dose.**

**Do not give this product to children or adolescents under 18 years old.**

### 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 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.

### Side-effects

- nausea or feeling sick
- diarrhoea
- upset stomach
- headache
- mild allergic skin reactions itching and/or skin rash, urticaria, hives, pruritis itching, anaphylaxis.

If these persist for more than a few days, or become troublesome, stop taking this product. These side-effects are often only temporary. Stop taking this product immediately if you experience any allergic skin reaction.

### Other side-effects

Tell your doctor or pharmacist if you notice any other side-effect not mentioned in this leaflet.

You must speak to a qualified healthcare practitioner if your symptoms worsen, if they do not improve after one week, or if side-effects not mentioned in this leaflet occur.

You can help to make medicines safer by reporting any side-effects to the Yellow Card Scheme at [www.yellowcard.gov.uk](http://www.yellowcard.gov.uk). Alternatively you can get a paper Yellow Card form from your GP's surgery or pharmacy, or call Freephone 0800 100 3352 (available 10am-2pm Monday-Friday).

## 5: How to store this product

**Do not use your capsules after the expiry date.** Return any out-of-date tablets to your pharmacist who will dispose of them for you. The expiry date is printed on the box and the blister pack.

**Store the capsules in a cool dry place below 25°C.**

**Keep the capsules out of the reach and sight of children.**

**Keep your capsules in the blister pack until it is time to take them.**

