

Information for the user



Digestion Relief Milk Thistle Capsules

Milk Thistle standardised fruit extract

Read all of this leaflet carefully because it contains important information for you.

This medicine is a traditional herbal medicinal product available without prescription to treat minor conditions. However, you still need to take it carefully to get the best results from it.

- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice
- You must contact a pharmacist or doctor if your symptoms worsen or do not improve

What this medicine is for

This traditional herbal medicinal product contains Milk Thistle standardised fruit extract, which has been traditionally used to relieve the symptoms associated with occasional over indulgence of food and drink, such as indigestion and upset stomach. This medicine is recommended for this condition based on traditional use only.

Before you take this medicine

This medicine can be taken by adults aged 18 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

X Do not take:

- **If you are under 18 years**
- **If you are allergic** to any of the ingredients (see “What is in this medicine”) or to plants from the Asteraceae/Compositae family e.g. artichokes, daisies, marigolds
- **If you are pregnant or breastfeeding**

! Talk to your pharmacist or doctor:

- If you have liver problems

If you take other medicines

This medicine is not expected to affect any other medicines that you may be taking.

If you are unsure about interactions with any medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself.

✓ How to take this medicine

Check the foil is not broken before use.

If it is, do not take that capsule.

Age	How many to take	How often to take
Adults aged 18 years and over	One	Once or twice daily

Swallow the capsules whole with water or other liquid. Do not chew the capsules.

Do not give to children or adolescents under 18 years.

Do not take more than the amount recommended above.

If symptoms worsen or do not go away within one week talk to your doctor or pharmacist.

If you take too many capsules: Talk to a pharmacist or doctor.

Possible side effects

Most people will not have problems, but some may get some.

! If you get any of these side effects, stop taking the capsules:

- Allergic reactions such as skin rash, red, itchy skin, difficulty breathing, swelling of the facial area, neck, tongue or throat (anaphylactic shock) – seek medical help if severe

These other effects may happen. If they bother you talk to a pharmacist:

- Feeling sick, upset stomach, diarrhoea
- Headache

If any side effect becomes severe, or you notice any side effect not listed here, please tell your pharmacist or doctor.

Reporting 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 help to make medicines safer by reporting any side-effects to the Yellow Card Scheme at www.mhra.gov.uk/yellowcard.

How to store this medicine

Do not store above 25°C.

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the base of the carton. After this date return any unused product to your nearest pharmacy for safe disposal.

What is in this medicine

Each hard capsule contains 89 –121 mg of standardised extract (as dry extract) from Milk Thistle Fruits (*Silybum marianum* (L.) Gaertner). This is equivalent to 1.721 – 5.0 g of Milk Thistle fruits, corresponding to 50 mg of silymarin, calculated as silibinin. The extraction solvent is acetone 95% v/v.

As well as the active ingredient the extract also contains mannitol.

The capsule contents contain mannitol, microcrystalline cellulose, croscarmellose sodium, colloidal anhydrous silica, magnesium stearate.

The capsule shell contains gelatin, sodium lauryl sulphate, titanium dioxide (E171), yellow iron oxide (E172), purified water.

The pack contains 30 ivory, opaque hard gelatin capsules.

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by the Traditional Herbal Registration Holder Schwabe Pharma (UK) Ltd Alexander House Mere Park Dedmere Road Marlow Buckinghamshire SL7 1FX

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If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA.

Other formats

To request a copy of this leaflet in Braille, large print or audio please call, free of charge:

0800 198 5000 (UK only)

Please be ready to give the following information:

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