

(capsules)

PROFESSIONAL INFORMATION
**COMPLEMENTARY MEDICINE
COMBINATION PRODUCT (WESTERN HERBAL MEDICINE/HEALTH SUPPLEMENT)**

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

SCHEDULING STATUS: S0

1. NAME OF THE MEDICINE

BIOGEN MILK THISTLE (capsules)

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Each capsule contains:

<i>Silybum marianum</i> (L.) Gaertn. (Milk thistle seed extract) [standardised to silymarin 80 %]	250 mg
Magnesium (as phosphate pentahydrate)	50 mg
Riboflavin (vitamin B ₂)	50 mg

For a full list of excipients, see section 6.1

3. PHARMACEUTICAL FORM

White to off-white size 0 bovine capsules.

4. CLINICAL PARTICULARS
4.1 Therapeutic indications

Milk thistle is used as a liver protectant and to support the liver function.

4.2 Posology and method of administration
Adults and children older than 18 years:

Take 1-2 capsules daily, before breakfast.

4.3 Contraindications

BIOGEN MILK THISTLE must not be used in patients who are allergic or sensitive to any of the ingredients, specifically for those who are allergic to the Asteraceae/Compositae plant family. Members of this family include ragweed, chrysanthemums, marigolds, and many other herbs.

Hypersensitivity to the active substance or to any of the excipients listed in section 6.1.

4.4 Special warnings and precautions for use

Seek advice from a healthcare practitioner if you have any medical condition. Discontinue use immediately should any adverse reaction occur.

Diabetes: Silymarin, which is present in milk thistle, may have a hypoglycaemic effect in people with diabetes when used in conjunction with other treatments or herbs that lower blood glucose levels. Blood glucose levels must be monitored closely and dose adjustments to diabetes medications might be required.

Estrogen therapy and hormone sensitive conditions: Silymarin has been shown to bind to estrogen receptor beta. Patients receiving estrogen therapy or those with hormone sensitive conditions should take milk thistle with caution.

4.5 Interaction with other medicines and other forms of interaction

Always tell your healthcare practitioner if you are taking any other medicine. Use caution in the following:

Milk Thistle:

- In vitro* studies suggest that milk thistle may interact with a number of drugs by inhibiting their metabolism through various cytochrome P450 isoenzymes, or affecting their transport by P-glycoprotein. However, *in vivo* studies suggest that any such inhibition is unlikely to be clinically relevant.
- Silymarin (the active constituent of milk thistle) modestly reduces metronidazole levels.
- Milk thistle may raise the levels of a hepatotoxic metabolite of pyrazinamide.
- The potential of milk thistle to interact with other medicines administered concurrently, particularly those with similar or opposing effects, should be considered.

Riboflavin (Vitamin B₂):

- Large doses of riboflavin result in a bright yellow discoloration of the urine that may interfere with certain laboratory tests.

Magnesium:

- Magnesium phosphate pentahydrate may interact with other medication and decrease the absorption of tetracyclines and bisphosphonates. Therefore BIOGEN MILK THISTLE should be administered 2 to 3 hours apart from these medicines. Magnesium salts should be administered cautiously in patients with renal impairments and with liver disease who might be at risk of renal impairment, as hypermagnesaemia may occur.

4.6 Fertility, pregnancy and lactation

Safety in fertility, pregnancy and lactation has not been established.

Pregnancy:

There is inadequate data concerning the use of milk thistle in women who are pregnant. Milk thistle should not be used during pregnancy.

Breast feeding:

There is inadequate data concerning the use of milk thistle in women who are breastfeeding. Milk thistle should not be used by women who are breastfeeding.

4.7 Effects on ability to drive and use machines

No studies on the effects on the ability to drive or use machines have been performed. If dizziness or drowsiness is experienced, car driving and the operating of machinery is not recommended.

4.8 Undesirable effects

Orally, milk thistle appears to be well tolerated. Should your general health worsen, or if you experience any untoward effects or allergic reactions while taking this medicine, please consult your doctor, pharmacist, or other healthcare professional immediately.

 The use of milk thistle can have a laxative effect (*frequent*) and can cause gastrointestinal adverse effects such as nausea, diarrhoea, dyspepsia, flatulence, abdominal bloating, fullness, or pain and anorexia (*less frequent*). Milk thistle may cause allergic reactions such as pruritus, rash, urticarial, eczema and anaphylaxis (*frequent*); and may cause intermittent episodes of sweating, nausea, abdominal pain, vomiting, diarrhoea, weakness and collapse, requiring hospitalization (*less frequent*).

Reporting of suspected adverse reactions

 Reporting suspected adverse reactions after authorisation of the medicine is important. It allows continued monitoring of the benefit/risk balance of the medicine. Healthcare providers are asked to report any suspected adverse reactions to SAHPRA via the "6.04 Adverse Drug Reactions Reporting Form", found online under SAHPRA's publications: <http://www.sahpra.org.za/Publications/Index/8>
4.9 Overdose

There are no known symptoms of overdosage available. Treatment of overdosage is symptomatic and supportive.

5. PHARMACOLOGICAL PROPERTIES
5.1 Pharmacodynamic properties
Category and class:

Category D 33.7. Complementary Medicine: Combination Product.

Pharmacodynamic effects
Silymarin

Silymarin is the pharmacologically active component of milk thistle and is an isomer mixture comprising mainly of silibinin, silichristin and silidianin. Antioxidant and free radical-scavenging actions of silymarin are thought to be important mechanisms for their hepatoprotective effects. In humans, superoxide dismutase levels in erythrocytes and lymphocytes are raised in the presence of silymarin. Silymarin seems to alter outer hepatocyte cell membranes, stabilizing them and inhibiting binding and penetration of toxins such as alpha-amanitin from Amanita mushrooms. This stabilization that may also lead to a reduction of gamma-glutamyl transferase levels. Silymarin stimulates DNA polymerase in hepatocytes, increasing ribosomal RNA and protein synthesis, which can stimulate liver cell regeneration.

Riboflavin

Riboflavin functions as a component of two flavin coenzymes—flavin mononucleotide (FMN) and flavin adenine dinucleotide (FAD). It participates in oxidation–reduction reactions in numerous metabolic pathways and in energy production. Examples include the oxidation of glucose, certain amino acids and fatty acids; reactions with several intermediaries of the Krebs cycle; conversion of pyridoxine to its active coenzyme; and conversion of tryptophan to niacin. Riboflavin has a role as an antioxidant and may be involved in maintaining the integrity of erythrocytes.

Magnesium

Magnesium is an essential cofactor for enzymes requiring ATP (these are involved in glycolysis, fatty acid oxidation and amino acid metabolism). It is also required for the synthesis of RNA and replication of DNA, neuromuscular transmission and calcium metabolism.

5.2 Pharmacokinetic properties
Silymarin

Approximately 20 %–50 % of silymarin is absorbed following oral administration. Preliminary data suggest that the silymarin flavonolignans undergo rapid first-pass conjugation and biliary excretion. Approximately 80 % of the dose is excreted in the bile and less than 10 % is excreted in the urine. Studies in healthy volunteers have reported an elimination half-life of approximately six hours following administration of single doses of silymarin corresponding to approximately 240 mg silibinin

Riboflavin

Riboflavin is readily absorbed from the gastrointestinal tract. Although riboflavin is widely distributed to body tissues little is stored in the body. Riboflavin is converted in the body to the coenzyme flavin mononucleotide (FMN; riboflavin 5'-phosphate) and then to another coenzyme flavin adenine dinucleotide (FAD). About 60 % of FMN and FAD are bound to plasma proteins. Riboflavin is excreted in urine, partly as metabolites. As the dose increases, larger amounts are excreted unchanged. Riboflavin crosses the placenta and is distributed into breast milk.

Magnesium

Absorption of magnesium occurs principally in the jejunum and ileum by active carrier-mediated processes (partly dependent on vitamin D and parathyroid hormone) and by diffusion. Magnesium is widely distributed in the soft tissues and skeleton. Elimination is largely via the urine (magnesium homeostasis is controlled mainly by the kidneys), with unabsorbed and endogenously secreted magnesium in the faeces. Small amounts are excreted in saliva and breast milk.

6. PHARMACEUTICAL PARTICULARS
6.1 List of excipients
Capsule

Bovine Capsule

Excipients

 Silicon dioxide
Magnesium stearate

Sugar Free
6.2 Incompatibilities

Not applicable

6.3 Shelf Life

24 Months

6.4 Special precautions for storage

Protect from moisture and store at or below 25 °C. Keep capsules in original container until required for use. KEEP OUT OF REACH OF CHILDREN.

6.5 Nature and contents of container

 PET bottle with PET screw cap.
Pack-size: 60 capsules.

6.6 Special precautions for disposal

No special requirements.

7. HOLDER OF CERTIFICATE OF REGISTRATION

 Phyto OTC Health (Pty) Ltd
49 New Road
Midrand
South Africa

8. REGISTRATION NUMBER

Will be allocated by SAHPRA upon registration.

9. DATE OF FIRST AUTHORISATION

Will be allocated by SAHPRA upon registration

JOB: BPS_MilkThistle_60s		SIZE: 210mm x 260mm	
STOCK: Foil Substrate: <input type="checkbox"/> Clear Substrate: <input type="checkbox"/> White Substrate: <input type="checkbox"/> Paper: <input checked="" type="checkbox"/> Other: <input type="checkbox"/>			
COLOURS:		FINISHING:	
<input checked="" type="checkbox"/> K	<input type="checkbox"/> Available Slot	<input type="checkbox"/> Available Slot	<input type="checkbox"/> Available Slot
<input type="checkbox"/> Available Slot	<input type="checkbox"/> Available Slot	<input type="checkbox"/> Available Slot	<input type="checkbox"/> Available Slot
<input type="checkbox"/> Foil / Holographic Foil	<input type="checkbox"/> Matte	<input type="checkbox"/> Gloss	
<input type="checkbox"/> Spot UV	<input type="checkbox"/> Doming	<input type="checkbox"/> Embossing	

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: **S0**

BIOGEN MILK THISTLE (capsules)

COMPLEMENTARY MEDICINE: COMBINATION PRODUCT (WESTERN HERBAL MEDICINE/HEALTH SUPPLEMENT)
This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

Read all of this leaflet carefully because it contains important information for you.
BIOGEN MILK THISTLE is available without a doctor's prescription. Nevertheless, you still need to use BIOGEN MILK THISTLE carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share BIOGEN MILK THISTLE with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

What is in this leaflet

1. What BIOGEN MILK THISTLE is and what it is used for.
2. What you need to know before you use BIOGEN MILK THISTLE.
3. How to use BIOGEN MILK THISTLE.
4. Possible side effects.
5. How to store BIOGEN MILK THISTLE.
6. Contents of the pack and other information.

1. WHAT BIOGEN MILK THISTLE IS AND WHAT IT IS USED FOR

BIOGEN MILK THISTLE is a product of natural origin that is used as a liver protectant and to support liver function.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE BIOGEN MILK THISTLE

Do not use BIOGEN MILK THISTLE:

- If you are allergic or sensitive to any of the ingredients, specifically if you are allergic to the Asteraceae/Compositae plant family. Members of this family include ragweed, chrysanthemums, marigolds, daisies and many other herbs.
- Hypersensitivity to the active substances or to any of the inactive ingredients listed in section 6.1.

Warnings and precautions

Special care should be taken with BIOGEN MILK THISTLE:

- If you have diabetes or low blood sugar
- Are receiving estrogen therapy,
- Are a woman and are diagnosed with a hormone sensitive condition.

Other medicines and BIOGEN MILK THISTLE

Always tell your healthcare provider if you are taking any other medicine (this includes complementary or traditional medicines).

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare provider for advice before using BIOGEN MILK THISTLE.

3. HOW TO USE USE BIOGEN MILK THISTLE

Always use BIOGEN MILK THISTLE exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Adults and children older than 18 years:
Take 1 – 2 capsules daily, before breakfast.

4. POSSIBLE SIDE EFFECTS

BIOGEN MILK THISTLE can have side effects.

Not all side effects reported for BIOGEN MILK THISTLE are included in this leaflet. Should your general health worsen, or if you experience any untoward effects while taking BIOGEN MILK THISTLE, please consult your doctor, pharmacist or other healthcare professional for advice.

If any of the following happens, stop using BIOGEN MILK THISTLE and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing.
- Rash or itching.
- Fainting.

These are all very serious side effects. If you have them, you may have had a serious reaction to BIOGEN MILK THISTLE. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Less frequent side effects:

- Nausea.
- Vomiting.
- Diarrhoea.
- Abdominal cramps.
- Severe sweating.
- Weakness.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you experience side effects, inform your doctor or pharmacist. You can also report side effects to SAHPRA via the "6.04 Adverse Drug Reactions Reporting Form", found online under SAHPRA's publications:

<http://www.sahpra.org.za/Publications/Index/8>.

By reporting side effects, you can help provide more information on the safety of BIOGEN MILK THISTLE.

5. HOW TO STORE BIOGEN MILK THISTLE

Protect from moisture and store at or below 25 °C.

KEEP OUT OF REACH OF CHILDREN.

Do not use after the expiry dated stated on the label.

Return all unused BIOGEN MILK THISTLE to your pharmacist.

Do not dispose of unused BIOGEN MILK THISTLE in drains or sewerage systems (e.g. toilets)

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What BIOGEN MILK THISTLE contains

Each capsule contains:

<i>Silybum marianum</i> (L.) Gaertn. (Milk thistle seed extract)	250 mg
[standardised to silymarin 80 %]	
Magnesium (as phosphate pentahydrate)	50 mg
Riboflavin (vitamin B ₂)	50 mg

Inactive ingredients: silicon dioxide and magnesium stearate.

Sugar Free

What BIOGEN MILK THISTLE looks like and contents of the pack

White capsules filled with a marigold orange colour powder, packed in a white PET bottle with a white PET screw cap. Pack-size: 60 capsules

HOLDER OF CERTIFICATE OF REGISTRATION

Phyto OTC Health (Pty) Ltd
49 New Road
Midrand
South Africa

REGISTRATION NUMBER

Will be allocated by SAHPRA upon registration.

PASIËNTINLIGTINGSBLAD

SKEDULERINGSSTATUS: **S0**

BIOGEN MILK THISTLE (capsules)

KOMPLEMENTÊRE MEDISYNE: KOMBINASIE PRODUK (WESTERSE KRUIEMEDISYNE/GESONDHEIDSAANVULLING)
Hierdie ongeregistreerde medisyne is nie deur SAHPRA vir gehalte, veiligheid of beoogde gebruik geëvalueer nie.

Lees hierdie inligtingsblad noukeurig deur want dit bevat inligting wat belangrik is vir u.
BIOGEN MILK THISTLE is beskikbaar sonder 'n dokter se voorskrif, sodat u 'n ligte aandoening kan behandel. Nietemin moet BIOGEN MILK THISTLE versigtig gebruik word ten einde die beste resultate te verkry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat u dit weer lees.
- Moenie BIOGEN MILK THISTLE met enige ander persoon deel nie.
- Vra u gesondheidsorgpraktisyn of apteker indien u verdere inligting of advies nodig het.
- U moet 'n dokter raadpleeg indien u simptome vererger.

Wat is in hierdie pamflet

1. Wat is BIOGEN MILK THISTLE en waarvoor dit gebruik word.
2. Wat u moet weet voordat u BIOGEN MILK THISTLE gebruik.
3. Hoe om BIOGEN MILK THISTLE te gebruik.
4. Moontlike nuwe-effekte.
5. Berging van BIOGEN MILK THISTLE.
6. Inhoud van die verpakking en ander inligting.

1. WAT IS BIOGEN MILK THISTLE EN WAARVOOR DIT GEBRUIK WORD

BIOGEN MILK THISTLE is 'n produk van natuurlike oorsprong wat gebruik word as 'n lewerbeskermende middel en om lewerfunksie te ondersteun.

2. WAT U MOET WEEËT VOORDAT U BIOGEN MILK THISTLE GEBRUIK

Moenie BIOGEN MILK THISTLE neem:

- Indien u allergies of sensitief is vir enige van die bestanddele, veral as u allergies of sensitief is vir die Asteraceae/Compositae plantfamilie. Lede van hierdie familie sluit in dissel, krisante, gousblomme, madeliefies en ander kruie.
- Hipersensitieweit teenoor die aktiewe bestanddele of enige van die ander bestanddele gelys in afdeling 6.1.

Waarskuwings en voorsorgmaatreëls

Wees versigtig met BIOGEN MILK THISTLE:

- Indien u ly aan diabetes of lae bloedsuiker.
- Estrogeenbehandeling ontvang.
- 'n Vrou is en gedagnoseer is met 'n hormoonsensitiewe kondisie.

Die neem van ander medisyne saam met BIOGEN MILK THISTLE

Sê altyd vir u gesondheidsorgpraktisyn indien u enige ander medisyne neem (dit sluit aanvullende of tradisionele medisyne in).

Swangerskap, borsvoeding en vrugbaarheid

As u swanger is of borsvoed, vermoed dat u swanger is of beplan om 'n baba te hê, raadpleeg u dokter, apteker of ander gesondheidsorgpraktisyn voordat u BIOGEN MILK THISTLE gebruik.

3. HOE OM BIOGEN MILK THISTLE TE GEBRUIK

Gebruik BIOGEN MILK THISTLE presies soos aanbeveel in hierdie pamflet, of soos aanbeveel deur u gesondheidsorgpraktisyn. Raadpleeg u dokter of apteker indien u nie seker is nie.

Volwassenes en kinders ouer as 18 jaar:
Neem 1 – 2 kapsules daaglik, voor ontbyt.

4. MOONTLIKE NUWE-EFFEKTE

BIOGEN MILK THISTLE kan nuwe-effekte hê.

Nie alle nuwe-effekte vir BIOGEN MILK THISTLE is ingesluit in hierdie pamflet nie. Indien u algemene gesondheid vererger, of as u slegte gevolge of allergiese reaksies ondervind tydens die gebruik van hierdie medisyne, raadpleeg u dokter, apteker of ander gesondheidsorgpraktisyn onmiddellik.

As een van die volgende gebeur, moet u die gebruik van BIOGEN MILK THISTLE staak en dadelik u dokter of apteker raadpleeg of na die naaste ongevale afdeling van die naaste hospitaal gaan:

- Swelling van jou hande, voete, enkels, gesig, lippe en mond of keel, wat dit moeilik kan maak om te sluk of asem te haal.
- Veluitslag of gejeuk.
- Floutes.

Hierdie is baie ernstige nuwe-effekte. Indien jy dit het, mag jy 'n ernstige allergiese reaksie op BIOGEN MILK THISTLE gehad het. Jy mag dringende mediese bystand of hospitalisasie nodig hê.

Sê vir jou dokter indien jy enige van die volgende opmerk:

Minder gereelde nuwe-effekte:

- Naarheid
- Braking
- Diarree
- Abdominale krampe
- Oormatige sweetafskeiding
- Moegheid

Lig asseblief u dokter of apteker in indien u enige nuwe-effekte opmerk wat nie in hierdie inligtingstuk genoem word nie.

Rapportering van nuwe-effekte

Praat met u dokter of apteker as u nuwe-effekte kry. U kan ook nuwe-effekte by SAHPRA aanmeld via die "6.04 Adverse Drug Reactions Reporting Form", wat aanlyn gevind kan word onder SAHPRA se publikasies:

<http://www.sahpra.org.za/Publications/Index/8>.

Deur nuwe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van BIOGEN MILK THISTLE.

5. BERGING EN WEGDOENING VAN BIOGEN MILK THISTLE

Beskerm in 'n koel, droë plek by of benede 25 °C.

HOU BUTTE BEREIK VAN KINDERS.

Moenie gebruik na die vervaldatum op die etiket nie.

Neem alle ongebruikte BIOGEN MILK THISTLE na u apteker terug.

Moenie ongebruikte BIOGEN MILK THISTLE in afvoerpype of rioolsisteme (byvoorbeeld toilette) weggooi nie.

6. INHOUD VAN DIE VERPAKKING EN ANDER INLIGTING

Wat BIOGEN MILK THISTLE bevat

Elke kapsule bevat:

<i>Silybum marianum</i> (L.) Gaertn. (Melkdisselsaad ekstrakt)	250 mg
[gestandaardiseer tot silymarin 80 %]	
Magnesium (as fosfaatpentahidraat)	50 mg
Riboflavin (vitamin B ₂)	50 mg

Ander bestanddele: silikondioksied en magnesiumstearaat.

Suikervry

Die aanbieding en identifikasie van BIOGEN MILK THISTLE

Wit kapsules gevul met 'n gousblom oranje kleurpoer, verpak in 'n wit PET-bottel met 'n wit PET-skroefdoop. Verpakkingsgrootte: 60 kapsules

HOUER VAN DIE REGISTRASIESERTIFIKAAT

Phyto OTC Health (Edms) Bpk
New Road 49
Midrand
Suid-Afrika

REGISTRASIENOMMER

Sal met registrasie deur SAHPRA toegeken word.

JOB: BPS_MilkThistle_60s		SIZE: 210mm x 260mm	
STOCK: Foil Substrate: <input type="checkbox"/> Clear Substrate: <input type="checkbox"/> White Substrate: <input type="checkbox"/> Paper: <input checked="" type="checkbox"/> Other: <input type="checkbox"/>			
COLOURS:		FINISHING:	
<input checked="" type="checkbox"/> K	<input type="checkbox"/> Available Slot	<input type="checkbox"/> Available Slot	<input type="checkbox"/> Available Slot
<input type="checkbox"/> Available Slot	<input type="checkbox"/> Available Slot	<input type="checkbox"/> Available Slot	<input type="checkbox"/> Available Slot
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<input type="checkbox"/> Spot UV	<input type="checkbox"/> Dorning	<input type="checkbox"/> Embossing	