

Patient Information Leaflet

Nature's Best[®] Maximum Strength Milk Thistle Tablets

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.

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 film-coated tablet contains 300mg of standardised extract (as dry extract) from Milk Thistle fruits (*Silybum marianum* (L.) Gaertner) (equivalent to 7200-8100mg of Milk Thistle fruits) corresponding to 174mg of silymarin, calculated as silybinin.

Nature's Best[®] Maximum Strength Milk Thistle Tablets 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 THIS PRODUCT

Do not take this product if you are:

- pregnant or breastfeeding
- allergic to any of the ingredients or to plants of the Asteraceae/Compositae family such as daisies, marigolds or artichokes (see section 6)
- under 18 years of age

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

Taking other medicines

Tell your doctor or pharmacist before taking these tablets if you are taking other medicines, including any obtained without a prescription.

3. HOW TO TAKE THIS PRODUCT

For oral use only.

Adults and the elderly:

Take 1 tablet daily. Swallow the tablet whole with some water or other liquid. Do not chew the tablet.

Do not exceed the stated dose.

Do not give 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.

After taking this product

If your symptoms worsen, if they do not improve after one week, if side effects become serious or you experience side effects not mentioned in this leaflet, you must consult your doctor, pharmacist or 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. The following side effects have been reported:

- Nausea or feeling sick
- Diarrhoea
- Upset stomach
- Headache

If these persist for more than a few days, or become troublesome, stop taking this product. These common side-effects are often only temporary.

- Mild allergic skin reactions, itching and/or skin rash, hives, anaphylaxis

Stop taking this product immediately if you experience any allergic skin reaction.

If you are concerned about any side effect or if you experience any side effect not listed above, consult your doctor, pharmacist or qualified healthcare practitioner.

You can help to make medicines safer by reporting any side effects to the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. Alternatively you can get a paper Yellow Card form from your GP's surgery or pharmacy, or call free phone 0808 100 3352 (available 10am – 2pm Monday – Friday).

NATURE'S BEST[®] Maximum Strength Milk Thistle Tablets

Standardised fruit extract 300mg

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5. HOW TO STORE THIS PRODUCT

Keep the tablets out of the sight and reach of children.

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

Do not store above 25°C.

Store in the original package.

Do not use Nature's Best Maximum Strength Milk Thistle tablets after the expiry date which is stated on the box and blister pack.

The expiry date refers to the last day of that month.

Return any out-of-date tablets to your pharmacist who will dispose of them for you.

6. FURTHER INFORMATION

Each film-coated tablet contains 300mg of standardised extract (as dry extract) from Milk Thistle fruits (*Silybum marianum* (L.) Gaertner) (equivalent to 7200-8100mg of Milk Thistle fruits) corresponding to 174mg of silymarin, calculated as silibinin.

Extraction Solvent: Acetone 95% v/v

This product also contains the following ingredients:

Tablet Core: Maltodextrin, Microcrystalline Cellulose, Sodium Croscarmellose, Stearic Acid, Magnesium Stearate, Colloidal Hydrated Silica.

Tablet Coating: Polydextrose, Hypromellose, Titanium Dioxide, Curcumin, Copper Chlorophyllin, Medium Chain Triglycerides

The tablets are oval shaped with green colour coating. The inner core of the tablet has yellow/beige speckles.

Each pack contains 30, 60 or 90 film-coated tablets.

Not all pack sizes may be marketed.

Traditional herbal registration holder for this product:
Lamberts Healthcare Ltd., 1 Lamberts Road,
Tunbridge Wells, Kent TN2 3EH

Manufacturer of this product:

Thompson & Copper Ltd, Hardwick Road, Astmoor,
Runcorn, Cheshire, WA7 1PH.

Traditional Herbal Registration Number:

THR 34425/0010

If you would like further information about this product or a version of this leaflet in large print or audio format please contact:

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Certification Mark