

## 6. Further information

Each hard capsule of this product contains 193 mg – 261 mg of standardised extract (as dry extract) from Milk Thistle fruits (*Silybum marianum* (L.) Gaertn.) (equivalent to 3.725 g – 10.818 g of Milk Thistle fruits). This amount of standardised extract corresponds to 108 mg 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 60 hard capsules.

**Registration holder for this product**

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

**Manufacturer for this product**

Wiewelhove GmbH,  
Dörnebrink 19, 49479 Ibbenbüren, Germany

Traditional herbal registration number: THR 23056/0010

**If you would like further information about this product, please contact:**

Simply Supplements,  
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UK Customer Care Line: +44 (0)845 863 0622  
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This leaflet was prepared in February 2022.

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Patient Information Leaflet

## Simply Supplements™ MAX STRENGTH 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 Simply Supplements™ MAX STRENGTH Milk Thistle Capsules.

**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

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- 2: Before you take this product.....page 2
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### 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 193 mg – 261 mg of standardised extract (as dry extract) from Milk Thistle fruits (*Silybum marianum* (L.) Gaertn.) (equivalent to 3.725 g – 10.818 g of Milk Thistle fruits). This amount of standardised extract corresponds to 108 mg of silymarin, calculated as silibinin. Extraction solvent: Acetone 95% v/v.

**Simply Supplements™ MAX STRENGTH Milk Thistle Capsules 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, based on traditional use only.**

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THR 23056/0010



## 2: Before you take this product

**DO NOT TAKE this product if you:**

- are under 18 years of age
- are pregnant or breast-feeding
- are 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. Tell your doctor or pharmacist about any other medicines you are taking, including any bought without a prescription.**

## 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 your 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.**

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.

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## 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.

### Reporting of side effects

If you get any side-effects, talk to your doctor, pharmacist or nurse. This includes any possible side-effects not mentioned in this leaflet. You can also report side-effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side-effects you can help provide more information on the safety of this medicine.

## 5. How to store this product

**Do not use your capsules after the expiry date.**

Return any out-of-date capsules 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 below 25° C, in the original packaging.**

**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.**

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