

5 How to store this product

Do not use the capsules after the expiry date.

The expiry date is printed on the bottle label. The expiry date refers to the last day of that month. Return any unused capsules to your pharmacist who will dispose of them for you.

Store below 25°C in the original package.

Keep all medicines out of reach and sight of children.

Manufacturer and Traditional Herbal Registration Holder:

Bio-Health Ltd.

Culpeper Close,
Medway City Estate,
Rochester,
Kent ME2 4HU.

Traditional Herbal Registration number:

THR 15817/0009

ID No: SIL.001



6 Further information

Each hard capsule of Silamarie contains the following active herbal ingredient:

Milk Thistle fruits 450mg (*Silybum marianum* L. Gaertner).
There are no other ingredients in Silamarie.

The capsule shell is made from hypromellose. The capsules are hard, clear, oblong and contain a speckled brown powder.

Each bottle of Silamarie contains either 60 or 120 capsules.

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please contact +44 (0) 1634 290115.

This leaflet was produced in August 2019.

User Information Leaflet



Silamarie®

MILK THISTLE FRUITS 450mg

**Please read this leaflet carefully before using Silamarie.
It contains important information about this medicine.**

Keep this leaflet.

You may want to read it again. If you need more information or advice, please ask your doctor, pharmacist or qualified healthcare practitioner.

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1 What is Silamarie and what it is used for

Silamarie is a traditional herbal medicinal product, used to relieve 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 Silamarie

Do not take if you:

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

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

3 How to take Silamarie

Dosage

Swallow the capsules whole with water. Do not chew the capsules.

Adults and elderly:

To relieve the symptoms associated with occasional over indulgence of food and drink, such as indigestion and upset stomach: Take 1 or 2 capsules 3 times daily swallowed with water up to a maximum of 6 capsules daily.

Do not exceed the recommended dose.

This product is not suitable for children or adolescents under 18 years of age.

If your symptoms worsen or persist for more than one week, consult your doctor or qualified healthcare practitioner.

If you take too much Silamarie (overdose)

If you take more than the recommended dose, see a doctor, pharmacist or qualified healthcare practitioner and take this leaflet with you.

If you forget to take Silamarie

Continue to take your usual dose at the usual time; it does not matter if you have missed a dose.

If you are unsure about anything relating to Silamarie

If you have any questions, or are unsure about anything, please ask your doctor, pharmacist or qualified healthcare practitioner.

4 Side effects

Like all medicines this product may have side effects.

The following effects have been reported: Nausea (feeling sick), dry mouth, gastric irritation, upset stomach, diarrhoea and headache.

If these persist for more than a few days or become more troublesome, stop taking the product. The side effects are usually only temporary.

Other side effects include allergic reactions such as itching and/or skin rash, urticaria, hives, pruritis, dermatitis, asthma and anaphylaxis.

If you experience a severe allergic reaction, stop taking the product and seek medical advice immediately.

If you notice any other side effects after taking Silamarie, please inform your **doctor** or **pharmacist**.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or qualified healthcare practitioner. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at **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.