FLORA FORCE® MILK THISTLE Capsules

Western herbal medicine.
This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.

SCHEDULING STATUS:
Not Scheduled.

PROPRIETARY NAME (AND DOSAGE FORM):
FLORA FORCE® MILK THISTLE Capsules.

COMPOSITION:
Each **FLORA FORCE® MILK THISTLE** capsule contains:

ACTIVE INGREDIENT	QUANTITY
Silybum marianum seed powder	400 mg

Inactive ingredients: vegetable capsules.
FLORA FORCE® MILK THISTLE capsules are free from sugar and lactose.

PHARMACOLOGICAL CLASSIFICATION:
D 33.6 Complementary Medicines: Discipline-specific Traditional Claims. Western Herbal Medicine.

PHARMACOLOGICAL ACTION:
Pharmacodynamic properties:
Silybum marianum seeds contain silymarin, which is a mixture of flavolignans including silybin A, silybin B, isosilybin A, isosilybin B, silydianin, silychristin and silibinin. The therapeutic activity of silymarin is based on two sites or mechanisms of action. Firstly, silymarin seems to alter outer hepatocyte cell membranes, stabilizing them and inhibiting binding and penetration of toxins. Secondly, silymarin, silibinin and silybin stimulate DNA polymerase in hepatocytes, increasing ribosomal RNA and protein synthesis, which can simulate liver cell regeneration.

INDICATIONS:
FLORA FORCE® MILK THISTLE capsules are used traditionally to support liver health.

CONTRA-INDICATIONS:
FLORA FORCE® MILK THISTLE capsules are contra-indicated in patients with:
- A hypersensitivity to plants from the Asteraceae family (see "**WARNINGS AND SPECIAL PRECAUTIONS**").
- Diabetes (see "**WARNING AND SPECIAL PRECAUTIONS**").
- Hormone-sensitive conditions or cancers (see "**WARNINGS AND SPECIAL PRECAUTIONS**").
- Surgery (see "**WARNINGS AND SPECIAL PRECAUTIONS**").
- Pregnancy and lactation (see "**PREGNANCY AND LACTATION**").

WARNINGS AND SPECIAL PRECAUTIONS:
Silybum marianum seed may cause an allergic reaction in individuals sensitive to plants from the Asteraceae family. Members of this family include sunflowers, chrysanthemums, marigolds and daisies (see "**CONTRA-INDICATIONS**").

FLORA FORCE® MILK THISTLE capsules should be used with care in patients with diabetes as *Silybum marianum* constituents may decrease blood sugar levels. Diabetic patients should monitor their blood sugar levels when taking **FLORA FORCE® MILK THISTLE** capsules (see "**CONTRA-INDICATIONS**").

FLORA FORCE® MILK THISTLE capsules should be used with care in patients with hormone-sensitive conditions or cancers. Theoretically, silymarin might have mild estrogenic effects. Until more is known, advise women with hormone-sensitive conditions to avoid using milk thistle (see "**CONTRA-INDICATIONS**").

FLORA FORCE® MILK THISTLE capsules should be used with care in patients undergoing surgery. Patients should discontinue use at least 2 weeks before elective surgical procedures (see "**CONTRA-INDICATIONS**").

When starting, or stopping treatment with *Silybum marianum* containing products, including **FLORA FORCE® MILK THISTLE** capsules, patients taking warfarin (or other coumarin anti-coagulants) should have increased monitoring of their INR (International Normalised Ratio) levels (see "**INTERACTIONS**").

The use of **FLORA FORCE® MILK THISTLE** capsules in children and adolescents under 18 years of age is not recommended due to lack of adequate data (see "**DOSAGE AND DIRECTIONS FOR USE**").

Effects on the ability to drive or use machinery:
No studies on the effect of **FLORA FORCE® MILK THISTLE** capsules on the ability to drive or operate machines have been performed. It is unlikely that **FLORA FORCE® MILK THISTLE** capsules will affect the ability to drive or operate machines.

INTERACTIONS:
Theoretically, *Silybum marianum*, as in **FLORA FORCE® MILK THISTLE** capsules, may enhance the blood glucose lowering effects of anti-diabetic medicines. Patients on anti-diabetic medicines should monitor their glucose levels closely when taking **FLORA FORCE® MILK THISTLE** capsules.

There is preliminary evidence that *Silybum marianum* constituents might inhibit CYP2C9 and CYP2D6 enzymes and increase bio-availability of medicines metabolised by cytochrome P450 2C9 (CYP2C9) and P450 2D6 (CYP2D6). Patients taking medicines metabolised by these enzymes should use **FLORA FORCE® MILK THISTLE** capsules cautiously and watch for increase in levels of drugs metabolized by CYP2PC9 and CYP2D6. Some medicine metabolized by CYP2C9 include amitriptyline, diazepam, verapamil, warfarin, zileuton and others. Some medicine metabolized by CYP2D6 include tricyclic antidepressants such as imipramine and amitriptyline; antipsychotics such as haloperidol, risperidone and chlorpromazine; beta-blockers such as propranolol, metoprolol and carvedilol; tamoxifen and others.

There is contradictory evidence that *Silybum marianum* may inhibit CYP3A4 enzymes and increase bioavailability of medicines metabolised by cytochrome P450 isoenzymes CYP3A4. Until more is known patients taking medicines metabolised by these enzymes should use **FLORA FORCE® MILK THISTLE** capsules cautiously. These medicines include alprazolam, amlodipine, clarithromycin, cyclosporine, erythromycin, lovastatin, ketoconazole, itraconazole, fexofenadine, triazolam, verapamil and others.

Theoretically, *Silybum marianum* constituents might affect the clearance of medication that undergo glucuronidation. Until more is known patients taking medication that undergo glucuronidation should use **FLORA FORCE® MILK THISTLE** capsules cautiously. These medicines include acetaminophen, oxazepam, haloperidol, lamotrigine, morphine, raloxifene, zidovudine and estrogen.

Theoretically, *Silybum marianum* might increase levels of p-glycoprotein substrates. Some of these medicines include chemotherapeutic agents, anti-fungals, protease inhibitors, H2 agonists, calcium channel blockers, digoxin, corticosteroids, erythromycin, cisapride, fexofenadine, cyclosporine, loperamide and quinidine.

Silybum marianum, **FLORA FORCE® MILK THISTLE** capsules, may potentially increase the effect of warfarin when taken concomitantly. Patients taking warfarin should have their INR levels monitored more frequently when taking **FLORA FORCE® MILK THISTLE** capsules (see "**WARNINGS AND SPECIAL PRECAUTIONS**").

PREGNANCY AND LACTATION:
The safety and efficacy of **FLORA FORCE® MILK THISTLE®** capsules during pregnancy and lactation have not been established. Capsules should therefore not be taken during pregnancy and lactation.

DOSAGE AND DIRECTIONS FOR USE:
The recommended daily dose should not be exceeded.
Do not tamper with capsule.

Adults (18 years and older):
Take 1-2 capsules twice daily with meals or as prescribed.

Children (under 18 years of age):
Not recommended for use (see "**WARNINGS AND SPECIAL PRECAUTIONS**").

SIDE-EFFECS:
The following side-effects may occur with the use of **FLORA FORCE® MILK THISTLE** capsules.

Skin and subcutaneous disorders:
Frequency unknown: Pruritis and skin rash.

Musculoskeletal, connective tissue and bone disorders:
Frequency unknown: Arthralgia and tremor.

Respiratory, thoracic and mediastinal disorders
Frequency unknown: Allergy and anaphylaxis.

Gastro-intestinal disorders:
Frequency unknown: Nausea, vomiting, bloating, heartburn, dyspepsia, dysgeusia, diarrhoea, pain, flatulence, constipation and appetite loss.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENTS:
None known. Contact a poison control centre in area.

IDENTIFICATION:
Clear size 0 all vegetable capsule containing pale green herbal powder.

PRESENTATION:
60 Capsules packed in a 125ml amber glass bottle with light green screw cap and safety seal insert, in a box.

STORAGE INSTRUCTIONS:
Store at or below 25 ^{o}C in a dry place.
Protect from light.
KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER:
To be allocated.

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION:
Flora Force Heath Products (Pty) Ltd.
Unit 3 Regent Park
Bell Crescent
Westlake
Cape Town
South Africa

DATE OF PUBLICATION:
To be allocated.