

## PATIENT INFORMATION LEAFLET

### Artichoke-Milk Thistle

Complex tablets

**Read all of this leaflet carefully before you start taking this product because it contains important information for you.**

Always take this product exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse after 1 week.

#### What is in this leaflet

1. What Artichoke-Milk Thistle Complex is and what it is used for
2. What you need to know before you take Artichoke-Milk Thistle Complex
3. How to take Artichoke-Milk Thistle Complex
4. Possible side effects
5. How to store Artichoke-Milk Thistle Complex
6. Contents of the pack and other information

#### 1. What Artichoke-Milk Thistle Complex is and what it is used for

Artichoke-Milk Thistle Complex is a traditional herbal medicinal product containing the extracts of fresh Artichoke leaves, Milk Thistle fruit, fresh Dandelion root & herb and Boldo leaves.

It is used to relieve digestive discomfort such as:

- Indigestion
- Feelings of fullness
- Flatulence

This is exclusively based on long-standing use.

Artichoke-Milk Thistle Complex is for use in adults.

## 2. What you need to know before you take Artichoke-Milk Thistle Complex

### Do not take Artichoke-Milk Thistle Complex

- If you are **allergic** to:
  - Any of the ingredients of this product (listed in section 6).
  - Plants of the daisy (Asteraceae/Compositae) family. Artichoke, Milk Thistle and Dandelion are members of the daisy family.
- If you **suffer** from:
  - Blockage of the bile duct
  - Blockage of the intestine
  - Inflammation of the bile ducts (cholangitis)
  - Gallstones
  - Biliary disorders
  - Liver disease
  - Kidney failure
  - Diabetes
  - Heart failure
- If you are pregnant, may become pregnant or if you are breast-feeding.

### Warnings and precautions

- Talk to your doctor or pharmacist if your symptoms worsen or do not improve within 1 week.

### Children and adolescents

- Do not give this product to children or adolescents under 18 years of age.

### Other medicines and Artichoke-Milk Thistle Complex

- You can take this product with other medicines.
- If you are speaking to your doctor, pharmacist or nurse always remember to tell them about any medicines you are taking, including herbal remedies such as Artichoke-Milk Thistle Complex.

### Pregnancy and breast-feeding

- Do not take this product if you are pregnant, may become pregnant or if you are breast-feeding.

### Driving and using machines

- This product has no known effect on your ability to drive or use machines. Make sure you know how this product affects you before you drive or use machinery.

### 3. How to take Artichoke-Milk Thistle Complex

Always take this product exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you. Check with your doctor, pharmacist or nurse if you are not sure.

#### **Recommended dose**

**Adults (18 years and over):** Take 1 tablet twice daily.

For oral short-term use only. Do not take more than the recommended dose.

#### **If you take more Artichoke-Milk Thistle Complex than you should**

- If you take too much and feel ill, talk to your doctor.

#### **If you forget to take Artichoke-Milk Thistle Complex**

- Do not worry about a missed dose. Take the next dose as usual.
- Do not take a double dose to make up for a forgotten dose.

If you have any further questions on the use of this product ask your doctor, pharmacist or nurse.

### 4. Possible Side Effects

Like all products, this product can cause side effects, although not everybody gets them.

#### **Side effects**

##### **Allergic reactions**

- Dermatitis
- Red, itchy spots (urticaria)
- Rash
- Itching (pruritis)

Stop taking this product if these occur.

- Swelling, sometimes of the face or mouth (angioedema), causing difficulty in breathing, dizziness or collapse (anaphylaxis)
- Asthma

Stop taking this product immediately if this occurs. Seek medical advice and take this leaflet with you.

### **Digestive symptoms**

- Feeling sick (nausea)
- Diarrhoea accompanied by stomach cramps
- Abdominal (stomach) pain
- Increase in stomach acid
- Heartburn
- Dry mouth

### **Other**

- Headache

These are often short-lived and should go away by themselves. However if they are troubling you, talk to your doctor or pharmacist.

The frequency of these side effects is not known. This means it is not known how often these side effects occur as there have not been enough reports to allow this information to be calculated.

### **Reporting of side effects**

- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.
- You can also report side effects directly via:  
HPRA Pharmacovigilance  
Website: [www.hpra.ie](http://www.hpra.ie)
- By reporting side effects you can help provide more information on the safety of this medicine.

## **5. How to store Artichoke-Milk Thistle Complex**

- Keep this product out of the sight and reach of children.
- Do not use this product after the expiry date which is stated on the label and carton. The expiry date refers to the last day of that month.
- Store below 30°C.
- Do not use this product if you notice a change in appearance. The tablets should be beige in colour.
- Do not throw medicines away via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

## **6. Contents of the pack and other information**

### **What Artichoke-Milk Thistle Complex contains**

Each tablet contains the dry extracts of:

**Fresh Artichoke leaves** **4.6 mg**

(*Cynara scolymus* L.) (1:30-31).

Extraction solvent: Ethanol 65% V/V.

**Milk Thistle fruit** **3.2 mg**

(*Silybum marianum* L. Gaertn.) (1:2.0-2.1).

Extraction solvent: Ethanol 58% V/V.

**Fresh Dandelion root & herb** **1.2 mg**

(*Taraxacum officinalis* WEB.) (1:17-18).

Extraction solvent: Ethanol 51% V/V.

**Boldo leaves** **0.7 mg**

(*Peumus boldus* MOLINA) (1:10-11).

Extraction solvent: Ethanol 70% V/V.

The other ingredients used for the tablets are microcrystalline cellulose and hydrogenated cottonseed oil.

**What Artichoke-Milk Thistle Complex looks like and contents of the pack**

Artichoke-Milk Thistle Complex tablets are round and beige in colour.

Artichoke-Milk Thistle Complex is available in packs containing 60 tablets.

**Traditional Herbal Registration Holder**

A.Vogel Ireland Ltd,  
Unit 3D, Killeen Road,  
Dublin 10,  
D10 TY20 Ireland  
Tel: 0818 930 070  
[enquiries@avogel.ie](mailto:enquiries@avogel.ie)

**Manufacturer**

A.Vogel Ltd,  
2 Brewster Place  
Irvine, Ayrshire, KA11 5DD - UK  
Tel: +44 (0)1294 277344  
[enquiries@avogel.co.uk](mailto:enquiries@avogel.co.uk)

A.Vogel B.V.  
J.P. Broekhovenstraat 16,  
8081 HC Elburg,  
Netherlands

TR 2309/015/001

This leaflet was last revised in 11/2022.

**You should also know**

A.Vogel Ireland runs a helpline by phone and email which can provide you with further information.

E-mail: [enquiries@avogel.ie](mailto:enquiries@avogel.ie)

Phone: 0818 930 070

You can get a larger print or audio version of this leaflet. Call this number: 0818 930 070.