

	Alpha Pharm - Alpha Milk Thistle 60's Insert Artwork Version: 004/13-06-2019		
	Colours:	Dimensions Insert: (H x Wmm) 238 x 188 mm	
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	Spelling:		
	Grammar:		
	Legislation & Claims:		
	Packaging Size:		



ALPHA PHARM ALPHA MILK THISTLE

SCHEDULING STATUS
S0

PROPRIETARY NAME AND DOSAGE FORM
ALPHA PHARM ALPHA MILK THISTLE, Capsules

COMPOSITION		* % NRV
Each capsule contains:		
Milk Thistle (80% silymarin)	250 mg	**
(Silybum marianum)		
Dandelion Extract, Root 4:1	60 mg	**
(Taraxacum officinale)		
(Equivalent to Dandelion 240mg Herba)		
**NRV (Nutritional Reference Value)		
**NRV (Not yet established)		

PHARMACOLOGICAL CLASSIFICATION

Category D - Complementary Medicine
Discipline: Herbal Medicine
A.32.2 Other

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use. This medicine is not intended to diagnose, treat, cure or prevent any disease.

INDICATIONS

This supplement contains extracts from Milk Thistle (Silybum marianum), and dandelion (Taraxacum officinale), herbs that has been used for centuries as an aid to protect the liver. Supplemental support to revive your system after indulgence.

CONTRAINDICATIONS

Contraindicated in patients with an allergic hypersensitivity to any of these ingredients. Many medication taken by people with HIV/Aids such as protease inhibitors and non-nucleoside medication are processed by liver enzymes. If Milk thistle is taken in combination it has the potential to raise the levels of these drugs, causing unpleasant or even dangerous side effects. Milk thistle may mimic the effects of oestrogen and patients with fibroid tumors, endometriosis, breast, uterine or ovarian cancer should not take milk thistle.

WARNINGS AND SPECIAL PRECAUTIONS

Do not use during pregnancy or whilst breastfeeding. Discontinue usage if hypersensitive to the active ingredient. Do not use with prediagnosed kidney, liver or gallbladder complaints. Some of the herbal ingredients may cause allergic reactions. Seek professional advice before using long term. Many medications are processed by liver enzymes, there for consult a doctor before using this liver supplement in combination with other medication.

INTERACTIONS

See Warnings and Contraindications.

Many medications taken by people with HIV/Aids such as protease inhibitors and non-nucleoside medications are processed by liver enzymes. If Milk thistle is taken in combination it has the potential to raise the levels of these drugs, causing unpleasant or even dangerous side effects. Milk thistle should not be used in combination with oestrogen as it may mimic the effect of oestrogen.

PREGNANCY AND LACTATION

Do not use during pregnancy and lactation. Safety in pregnancy and/or lactation has not been established.

DOSAGE AND DIRECTIONS FOR USE

Adults: Take 1 capsule once or twice a day after a meal. Do not exceed the recommended daily dose.

SIDE EFFECTS AND SPECIAL PRECAUTIONS

Allergic reactions have been reported with herbal plant use and include rash and pruritus. Do not take if allergic to any of the ingredients. May cause mild gastrointestinal (GI) effects such as nausea, diarrhoea, dyspepsia, flatulence, abdominal bloating, fullness or pain. Should any side effects occur discontinue use immediately. This is not a complete list of all side effects that may occur. If you have questions about side effects, contact your healthcare professional.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

Treatment is supportive and symptomatic.

IDENTIFICATIONS

Brown Capsule.

PRESENTATION

30 Capsules in a white container with seal.

STORAGE INSTRUCTIONS

Store in a cool, dry place at or below 25 °C. Protect from light. KEEP OUT OF REACH OF CHILDREN.

MANUFACTURED FOR

Alpha Pharm (Pty) Ltd
Corporate Park 66
Cnr. Von Willich and Lenchen Avenues
Centurion
Tel.: +27 12 643 5840
Manufactured in South Africa

DATE OF PUBLICATION OF THIS PACKAGE INSERT

January 2019.

CATEGORY D

Discipline: Herbal Medicine

A.32.2 Other

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0024/2019/TR

ALPHA PHARM ALPHA MILK THISTLE

SKEDULERINGSTATUS
S0

EIENDOMSNAAM EN DOSEERVORM
ALPHA PHARM ALPHA MILK THISTLE, Kapsules

SAMESTELLING		* % NRV
Elke kapsule bevat:		
Milk Thistle (80% silymarin)	250 mg	**
(Silybum marianum)		
Dandelion Extract, Root 4:1	60 mg	**
(Taraxacum officinale)		
(Equivalent to Dandelion 240mg Herba)		
**NRV (Nutritional Reference Value)		
**NRV (Not yet established)		

FARMAKOLOGIESE KLASSIFIKASIE

Kategorie D - Komplementêre Medisyne
Discipline: Kruid Medisyne
A.32.2 Ander

Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer vir gehalte, veiligheid of beoogde gebruik nie. Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genees of te voorkom nie.

INDIKASIE

Hierdie aanvulling bevat ekstrakte van die plant Milk Thistle (Silybum marianum), en paardebloem (Taraxacum officinale), kruid wat vir eeue gebruik is as 'n hulpmiddel om die lewer te beskerm. Aanvullende ondersteuning vir jou stelsel na oormatige eet en drink.

KONTRA INDIKASIE

Teenaaangedui in pasiënte met 'n allergiese hipersensitiwiteit vir enige van hierdie bestanddele. Medikasie wat geneem word deur mense met MIV / vigs soos protease inhibitors en nie-nukleosied medikasie word verwerk deur lewersiensme. Indien Milk thistle in kombinasie geneem word het dit het die potensiaal om die vlakke van hierdie medikasie te verhoog, wat onaangename of selfs gevaarlike nuwe-effekte kan veroorsaak. Milk Thistle kan die effek van oestrogen naboots en pasiënte met fibroid gewasse, endometriose, bors, baarmoeder of ovaria kanker moet dit nie gebruik nie.

WAARSKUWING EN SPESIALE VOORSORGMATREËLS

Moet nie gebruik word tydens swangerskap of borsvoeding nie. Staak gebruik as hipersensitief is vir die aktiewe bestanddele. Moet nie gebruik indien pregediagnoseerde nier, lever of galblaas probleme het nie. Sommige van die kruid bestanddele mag allergiese reaksies veroorsaak. Kry professionele advies voordat dit vir 'n lang termyn gebruik word. Baie medikasie word verwerk deur lewersiensme, dus raadpleeg 'n dokter voordat hierdie aanvulling gebruik word in kombinasie met ander medikasie.

INTERAKSIE

Sien Waarskuiwings en Kontra-Indikasies. Medikasie wat geneem word deur mense met MIV / vigs soos protease inhibitors en nie-nukleosied medikasie word verwerk deur lewersiensme. Indien Milk thistle in kombinasie geneem word het dit die potensiaal om die vlakke van hierdie medikasie te verhoog, wat onaangename of selfs gevaarlike nuwe-effekte kan veroorsaak. Milk thistle moet nie in kombinasie met oestrogen gebruik word nie aangesien dit die effek van oestrogen kan naboots.

SWANGERSKAP EN LAKTASIE

Moenie gebruik word tydens swangerskap en laktasie nie. Veiligheid in swangerskap en laktasie is nie vasgestel nie.

DOSIS EN GEBRUIKSAANWYSINGS

Volwasse: Neem 1 kapsule een tot twee maal per dag na 'n ete. Moenie die voorgeskrewe dosis oorskry nie.

NEWE EFFEKTE EN SPESIALE VOORSORGMATREËLS

Allergiese reaksies is aangemeld met gebruik van kruid plante insluitend pruritus en veluitslag. Moenie die produk gebruik as bewus is van hipersensitiwiteit teenoor enige van die bestanddele nie. Matige simptome van maag (GI) effekte soos naarheid, diaree, dispepsie, minderigheid, abdominale opgeblasseidheid, volheid of pyn kan voorkom. Indien enige nuwe-effekte voorkom staak onmiddellik die gebruik. Dit is nie 'n volledige lys van al die nuwe-effekte wat mag voorkom nie. As jy vrag het oor die nuwe-effekte, kontak jou dokter, apteker of gesondheidsorgverskaffer.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN

Behandeling is ondersteunend en simptomates.

IDENTIFIKASIE

Bruin Kapsule.

AANBIEDING

30 Kapsules in 'n wit bottel met seël.

BERIGINGSAAANWYSINGS

Bêre op 'n koel, droë plek by of benede 25 ° C. Beskerm teen lig. HOU BUITE BEREIK VAN KINDERS.

VERVAARDIG VIR

Alpha Pharm (Pty) Ltd
Corporate Park 66
Cnr. Von Willich and Lenchen Avenues
Centurion
Tel.: +27 12 643 5840
Manufactured in South Africa

DATUM VAN PUBLIKASIE VAN HIERDIE VOUBILJET

Januarie 2019.

KATEGORIE D

Discipline: Kruid Medisyne

A.32.2 Ander

Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer vir gehalte, veiligheid of beoogde gebruik nie. Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genees of te voorkom nie.



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PATIENT INFORMATION LEAFLET

ALPHA PHARM ALPHA MILK THISTLE

SCHEDULING STATUS

S0

PROPRIETARY NAME AND DOSAGE FORM

ALPHA PHARM ALPHA MILK THISTLE, Capsules

COMPOSITION		* % NRV
Each capsule contains:		
Milk Thistle (80% silymarin)	250 mg	**
(Silybum marianum)		
Dandelion Extract, Root 4:1	60 mg	**
(Taraxacum officinale)		
(Equivalent to Dandelion 240mg Herba)		
**NRV (Nutritional Reference Value)		
**NRV (Not yet established)		

GENERAL INFORMATION

If you have any questions about this product, please talk with your doctor, pharmacist, or other healthcare professional. It is to be used only by the patient for whom it is prescribed. Do not share it with other people. If your symptoms do not improve or if they become worse, check with your doctor. This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about the product. It does NOT include all information about the possible uses, directions, warnings, precautions, interactions, adverse effects, or risks that may apply to this product. This information is not specific medical advice and does not replace information you receive from your healthcare professional. Speak to your healthcare professional for complete information about the risks and benefits of using the product.

INDICATION AND USE

This supplement contains extracts from Milk Thistle (Silybum marianum), and dandelion (Taraxacum officinale), herbs that has been used for centuries as an aid to protect the liver. Supplemental support to revive your system after indulgence.

INSTRUCTIONS BEFORE TAKING THE MEDICINE

Always tell your healthcare professional if you are taking any other medication. If you are pregnant or breast feeding you please consult your doctor, pharmacist or other healthcare professional for advice before taking this medicine.

Some medical conditions may interact with the product. Tell your doctor or pharmacist if you have any medical conditions, especially if any of the following apply to you:
- If you are pregnant, planning to become pregnant, or are breast-feeding
- If you are taking any prescription or nonprescription medicine, herbal preparation, or dietary supplement
- If you have allergies to medicines, foods, or other substances
- If you have liver problems, or metabolism problems

CONTRAINDICATIONS

Contraindicated in patients with an allergic hypersensitivity to any of these ingredients. Many medications taken by people with HIV/Aids such as protease inhibitors and non-nucleoside medications are processed by liver enzymes. If milk thistle is taken in combination it has the potential to raise the levels of these drugs, causing unpleasant or even dangerous side effects. Milk thistle may mimic the effects of oestrogen and patients with fibroid tumors, endometriosis, breast, uterine or ovarian cancer should not take milk thistle. Contact your doctor or healthcare professional right away if this applies to you.

WARNINGS AND SPECIAL PRECAUTIONS

Do not use during pregnancy or whilst breastfeeding. Discontinue usage if hypersensitive to the active ingredient. Do not use with prediagnosed kidney, liver or gallbladder complaints. Some of the herbal ingredients may cause allergic reactions. Seek professional advice before using long term. Many medications are processed by liver enzymes, there for consult a doctor before using this liver supplement in combination with other medication.

INTERACTIONS

See Warnings and Contraindications. Many medications taken by people with HIV/Aids such as protease inhibitors and non-nucleoside medication are processed by liver enzymes. If Milk thistle is taken in combination it has the potential to raise the levels of these drugs, causing unpleasant or even dangerous side effects. Milk thistle should not be used in combination with oestrogen as it may mimic the effect of oestrogen. This is not a complete list of all interactions that may occur. Ask your healthcare professional if this product may interact with other medicines that you take. Check with your healthcare professional before you start, stop, or change the dose of any medicine.

PREGNANCY AND LACTATION

Do not use during pregnancy and lactation. Safety in pregnancy has not been established.

INSTRUCTIONS ON HOW TO TAKE THE MEDICINE

Do not share medicines prescribed for you with any other person. In the event of over dosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

DOSAGE AND DIRECTIONS FOR USE

Adults: Take 1 capsule once or twice a day after a meal. Do not exceed the recommended daily dose.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

Treatment is supportive and symptomatic. Should accidental overdose occurs, discontinue use and consult a doctor or seek medical advice.

STORAGE AND DISPOSAL

Store in a cool, dry place at or below 25 °C. Protect from light.

STORE ALL MEDICINE OUT OF REACH OF CHILDREN.

Check with your pharmacist about how to dispose safely of unused medicine

PRESENTATION

30 Capsules in a white container with seal.

IDENTIFICATIONS

Brown Capsule.

MANUFACTURED FOR

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DATE OF PUBLICATION OF THIS PACKAGE INSERT

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CATEGORY D

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0024/2019/TR

PASIENTINLICHTINGSBROSJURE

ALPHA PHARM ALPHA MILK THISTLE

SKEDULERINGSTATUS

S0

EIENDOMSNAAM EN DOSEERVORM

ALPHA PHARM ALPHA MILK THISTLE, Kapsules

SAMESTELLING		* % NRV
Each kapsule bevat:		
Milk Thistle (80% silymarin)	250 mg	**
(Silybum marianum)		
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(Taraxacum officinale)		
(Equivalent to Dandelion 240mg Herba)		
**NRV (Nutritional Reference Value)		
**NRV (Not yet established)		

ALGEMENE INLICHTING

As jy enige vrag oor hierdie produk het, praat met jou dokter, apteker of ander gesondheidsorgverskaffer. Dit moet slegs gebruik word deur die pasiënt vir wie dit voorgeskryf is en moenie dit met ander mense deel nie. As jou simptome nie verbeter nie, of as dit erger raak, gaan praat met jou dokter, apteker of ander gesondheidsorgverskaffer. Hierdie inligting onderskryf nie enige medisyne as veilig, doeltreffend of goedgekeur vir enige pasiënt of gesondheidsstoestandbehandeling nie. Dit is net 'n kort opsomming van algemene inligting oor die produk en word nie onderskryf om te diagnoseer, behandel, genees of om enige sieketestand te verhoed nie. Dit sluit nie al die inligting in, oor die moontlike gebruike, aanwysings, waarskuiwings, interaksies, nee-effekte, risiko's van die gebruik van die produk, of ander inligting wat jy van jou dokter, apteker of ander gesondheidsorgverskaffer ontvang nie. Vra jou dokter, apteker of gesondheidsorgverskaffer vir volledige inligting oor die risiko's en voordele van die gebruik van die produk.

INDIKASIE EN GEBRUIK

Hierdie aanvulling bevat ekstrakte van die plant Milk Thistle (Silybum marianum), en paardebloem (Taraxacum officinale), kruid wat vir eeue gebruik is as 'n hulpmiddel om die lewer te beskerm. Aanvullende ondersteuning vir jou stelsel na oormatige eet en drink.

INSTRUKSIES VOOR DIE MEDISYNE GENEEM WORD

Verst altyd jou gesondheidsorgverskaffer vir volledige indien jy enige ander medikasie neem. Indien jy swanger is of jou baba borsvoed, konsulteer asseblief eers met jou dokter, apteker of ander mediese gesondheidsorgverskaffer vir volledige vooraf jy die medikasie neem.
Sommige mediese toestande kan 'n interaksie met hierdie produk hê. Raadpleeg jou dokter of apteker indien jy enige van die volgende mediese toestande op jou van toepassing is:

- As jy swanger is, beplan om swanger te raak, of borsvoed
- Indien jy enige voorskryf of nie voorgeskrewe medisyne, kruie of ander aanvullings neem.
- As jy allergies tot medisyne, kos of enige ander stowwe het.
- As jy lewer probleme, of metabolisme probleme het.

KONTRA-INDIKASIE

Teenaaangedui in pasiënte met 'n allergiese hipersensitiwiteit vir enige van hierdie bestanddele. Medikasie wat geneem word deur mense met MIV / vigs soos protease inhibitors en nie-nukleosied medikasie word verwerk deur lewersiensme. Indien Milk thistle in kombinasie geneem word het dit het die potensiaal om die vlakke van hierdie medikasie te verhoog, wat onaangename of selfs gevaarlike nuwe-effekte kan veroorsaak. Milk Thistle kan die effek van oestrogen naboots en pasiënte met fibroid gewasse, endometriose, bors, baarmoeder of ovaria kanker moet dit nie gebruik nie.

WAARSKUWING EN SPESIALE VOORSORGMATREËLS

Moet nie gebruik word tydens swangerskap of borsvoeding nie. Staak gebruik as hipersensitief is vir die aktiewe bestanddele. Moet nie gebruik indien pregediagnoseerde nier, lever of galblaas probleme het nie. Sommige van die kruid bestanddele mag allergiese reaksies veroorsaak. Kry professionele advies voordat dit vir 'n lang termyn gebruik word. Baie medikasie word verwerk deur lewersiensme, dus raadpleeg 'n geneesheer voordat die hierdie aanvulling gebruik word in kombinasie met ander medikasie.

INTERAKSIE

Sien Waarskuiwings en Kontra-Indikasies.

Medikasie wat geneem word deur mense met MIV / vigs soos protease inhibitors en nie-nukleosied medikasie word verwerk deur lewersiensme. Indien Milk thistle in kombinasie geneem word het dit het die potensiaal om die vlakke van hierdie medikasie te verhoog, wat onaangename of selfs gevaarlike nuwe-effekte kan veroorsaak. Milk thistle moet nie in kombinasie met oestrogen gebruik word nie aangesien dit die effek van oestrogen kan naboots. Dit is nie 'n volledige lys van alle interaksies wat mag voorkom nie. Raadpleeg jou dokter, apteker of gesondheidsorgverskaffer indien interaksie met ander medisyne mag voorkom. Raadpleeg hulle voordat jy begin, stop, of die dosis van enige ander medisyne wat jy neem verander.

SWANGERSKAP EN LAKTASIE

Moenie gebruik word tydens swangerskap en laktasie nie. Veiligheid in swangerskap en laktasie is nie vasgestel nie.

INSTRUKSIES OOR HOE OM DIE MEDIKASIE TE GEBRUIK

Moet nooit jou medisyne wat vir jou voorgeskryf is met 'n ander persoon deel nie. In die geval van oerdosering raadpleeg jou dokter of apteker. Indien geen een beskikbaar is nie kontak die naaste hospitaal of gifbehandelingsentrum.
Dosis EN GEBRUIKSAANWYSINGS
Volwasse: Neem 1 kapsule een tot twee maal per dag na 'n ete. Moenie die voorgeskrewe dosis oorskry nie. Gebruik soos voorgeskryf. Neem deur die mond met kos. As u 'n dosis vir 1 of meer dae mis, is daar geen rede tot kommer nie, maar probeer onthou om jou dosis elke dag te neem soos voorgeskryf. Vra jou dokter, apteker of gesondheidsorgverskaffer enige vrag wat jy mag hê oor hoe om die produk te gebruik.

NEWE EFFEKTE EN SPESIALE VOORSORGMATREËLS

Nie alle nuwe effekte soos gerapporteer is in die voubiljet ingesluit nie. Indien jou algemene gesondheid agteruitgang terwyl jy die medikasie neem, raadpleeg asseblief jou dokter, apteker of ander mediese gesondheidsorgverskaffer.
Allergiese