



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Milk thistle, Multi vitamins and minerals شوك الجمل / فيتامينات ومعادن

1. Names & Synonyms

Milk thistle (1)

Silybum marianum L. Gaertn. (2).

Family: Compositae (Asteraceae) (2).

Syns.: *Carduus marianus* L. (2).

Arabic: Shawk Sennari شوك سناري, Shok El-Gamal شوك الجمل (3).

English: Milk thistle and St. Mary's thistle (3).

2. Parts used for medicinal purpose

Milk thistle: fruit (1).

3. Major chemical constituents

Milk thistle (2-6)

- **Flavonolignans:** Silymarin mixture mainly (silybin A, silybin B, isosilybin A, isosilybin B, silychristin, isosilychristin, silydianin).
- **Flavonoids:** Taxifolin, apigenin, kaempferol and their derivatives.
- **Fixed oil:** Linoleic, oleic, palmitic and stearic acids.
- **Sterols:** Tocopherol (vitamin E) and phospholipids.
- **Others:** Mucilage, sugars, amines and saponins.



4. Medicinal Uses (Indications)

- A) Support the liver function, after serious conditions have been excluded by a medical doctor.
- B) Symptomatic relief of digestive disorders, sensation of fullness and indigestion.

5. Herbal preparations correlated to medicinal use

- 1- Combination of milk thistle powder extract (Extraction solvent: acetone), vitamin E, ascorbic acid, vitamin B12, vitamin B1, vitamin B6, vitamin B2, zinc, Nicotinamide and selenium yeast.
- 2- Combination of milk thistle powder extract (Extraction solvent: acetone), sodium selenate, vitamin E, vitamin C and vitamin A acetate.

Herbal preparations are in pharmaceutical dosage forms. The pharmaceutical form should be described by the pharmacopoeia full standard term.

3- Posology and method of administration correlated to medicinal use

General Dosages

Equivalent to 140 - 600 mg of silymarin (calculated as silibinin/silybin) per day; Not to exceed 200 mg per single dose (7).

Adults and elderly

- 1- Combination of 140 mg of milk thistle extract (80% silymarin), 15mg vitamin E, 60 mg ascorbic acid, 2.4 mcg vitamin B12, 1.08695 mg vitamin B1, 1.3 mg vitamin B6, 1 mg vitamin B2, 24.7 mg zinc, 2.0 mg Nicotinamide and 5 mg selenium yeast, 3 times daily.
- 2- Combination of 175 mg of milk thistle extract (Equivalent to 140mg silymarin), 59.82mcg selenium, 30 mg vitamin E, 120 mg vitamin C and 0.6 mg vitamin A acetate, once daily.

Duration of use:

If the symptoms persist longer than 2 weeks during use of the medicinal product, a doctor or pharmacist should be consulted.



Method of administration: Oral use.

4- Contraindications.

- Hypersensitivity to the active substance and to other plants of the same families.
- Hormone-sensitive conditions such as breast, uterine and ovarian cancers, endometriosis or uterine fibroids (7,8).

5- Special warnings and precautions for use

- If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted
- The use in children and adolescents under 18 years of age has not been established (9-11).
- If icterus or a change in colour of urine or stool appears, a doctor should be consulted immediately (10).

6- Interactions with other medicinal products and other forms of interaction

- None reported (10).

7- Fertility, pregnancy and lactation

- Safety during pregnancy and lactation has not been established. In the absence of sufficient data, the use during pregnancy and lactation is not recommended (7,8).
- No fertility data available.

8- Effects on ability to drive and use machines

No studies on the effect on the ability to drive and use machines have been performed.



9- Undesirable effects

- Adverse effects are mainly transient, non-serious, gastrointestinal complaints. It is stated that silymarin may occasionally produce a mild laxative effect.
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

10- Overdose

No case of overdose has been reported.

11- Relevant biological activities

Not required as per Egyptian guidelines for registration of herbal medicines.

12- Additional information

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13- Date of compilation/last revision

20/04/2026

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