



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 preparation is in pharmaceutical dosage forms. The pharmaceutical form should be described by the pharmacopoeia full standard term.

6. 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.



7. 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).

8. 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).

9. Interactions with other medicinal products and other forms of interaction

None reported (10).

10. 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.

11. Effects on ability to drive and use machines

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

12. 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.



13. Overdose

No case of overdose has been reported.

14. Relevant biological activities

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

15. Additional information

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16. Date of compilation/last revision

20/04/2026.



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