



## Bile Tablet with Artichoke

Active Ingredient: Artichoke leaves dry extract  
coated tablet

For adults and children over 12 years of age

**Read the entire information leaflet carefully; it contains important information for you. This medicinal product is available without a prescription. However, in order to achieve the best possible treatment Bile Tablet with Artichoke must be taken as prescribed.**

- Keep this information leaflet. You may want to reread it at a later date.
- Ask your pharmacist if you need any additional information or advice.
- Consult a doctor if your symptoms continue to worsen or if there has been no improvement after 1 week.
- Please inform your doctor or pharmacist if you are seriously affected by one of the listed side effects or if you notice side effects that are not included in this information leaflet.

### **This information leaflet contains:**

1. What are Bile Tablet with Artichoke and what are they used for?
2. What must I be aware of before taking Bile Tablet with Artichoke?
3. How should I take Bile Tablet with Artichoke?
4. What are the possible side effects?
5. How should Bile Tablet with Artichoke be stored?
6. Additional information

### **1. WHAT ARE BILE TABLETS WITH ARTICHOKE AND WHAT ARE THEY USED FOR?**

#### **Areas of application**

Bile Tablet with Artichoke is a traditional and herbal medicinal product for the alleviation of digestive problems such as feeling of fullness and flatulences.

This pharmaceutical is a traditional pharmaceutical that is registered solely on the basis of long-standing use for the indication.

### **2. WHAT MUST I BE AWARE OF BEFORE TAKING BILE TABLET WITH ARTICHOKE?**

#### **Bile Tablet with Artichoke must not be taken in the case of**

- known intolerance to formulations made from artichoke or other composite plants or to any of the other components of the pharmaceutical,
- closure or inflammation of the bile duct
- suffering from gallstones or other bile diseases
- inflammation of the liver

#### **Special care should be taken with Bile Tablets with Artichoke**

- when the symptoms persist or regularly occur, as with all vague complaints a physician or other qualified persons working in a health profession should be consulted.
- Patients taking the anticoagulant drug coumarin-type (phenprocoumon, warfarin) concomitantly with bile-coated tablet with artichoke should consult their doctor, because it may be necessary that the dosage of this drug must be adjusted (see Interactions).

#### **Please note the following when taking Bile Tablets with Artichoke alongside other medicinal products**

The effectiveness of coumarin-type anticoagulants (phenprocoumon, warfarin) can be reduced when taken at the same time as Bile Tablets with Artichoke.

#### **When taking Bile Tablets with Artichoke together with food and drink**

There are no known side effects with food and drink.



## **Pregnancy and lactation**

There are no adequate data from the use of Bile Tablets with Artichoke in pregnant or lactating women. The use of Bile Tablets with Artichoke by breast-feeding mothers is not recommended. The application by women of childbearing potential that do not use contraception should be carefully considered, since there could be possible pregnancy. Ask your doctor or pharmacist for advice before taking any medicine.

## **Children**

Sufficient research has not yet been conducted concerning the effect of Bile Tablets with Artichoke on children. The medicinal product should, therefore, not be given to children under the age of 12.

## **Fitness to drive and operate machinery**

There are no known adverse effects.

## **Important information about certain other components contained in Bile Tablets with Artichoke**

This medicine contains lactose and sucrose (sugars types).

If you suffer from any incompatibilities with certain sugars you must consult your doctor before you start taking Bile Tablets with Artichoke.

## **3. HOW SHOULD I TAKE BILE TABLET WITH ARTICHOKE?**

Always take Bile Tablets with Artichoke as described in the instructions in this information leaflet. Please consult your doctor or pharmacist if you are unsure.

Adults and children over 12 years take 1 coated tablet 3 times a day.

Bile Tablets with Artichoke is not intended for use in children under 12 years of age.

**Type of use:** The coated tablets should be swallowed unchewed with plenty of water before meals.

**How long to take the medicine for:** Please note the reference in article 2 "What must I be aware of before taking Bile Tablet with Artichoke".

Please consult your doctor or pharmacist if you feel that the Bile Tablet with Artichoke are having too great or too little an effect.

## **What to do if you take too many Bile Tablet with Artichoke**

If you accidentally take one or two more dosages than instructed, it will generally not have any harmful effect. In this case, continue taking the capsules as described in the dosage instructions, or as prescribed by your doctor.

If you have taken a significant overdose of this product it can lead to the listed side effects (see under "What are the possible side effects?") occurring in acute form. In this case, you should contact a doctor, who will decide upon the appropriate course of action.

## **If you forget to take Bile Tablet with Artichoke**

Do not take a double dose; instead take the dose as described in this information leaflet or as instructed by your doctor.

## **If you stop taking Bile Tablet with Artichoke**

It is generally considered harmless to stop the treatment or to end it prematurely.

If you have any further questions about taking this medicinal product please consult your doctor or pharmacist.

## **4. WHAT ARE THE POSSIBLE SIDE EFFECTS?**

As is the case with all medicinal products, Bile Tablet with Artichoke can have side effects, but they do not necessarily affect everyone.

The following frequency data is taken as a basis for the assessment of side effects:



very common:	more than 1 in 10 persons treated
common:	1 to 10 out of 100 persons treated
occasional:	1 to 10 out of 1.000 persons treated
rare:	1 to 10 out of 10.000 persons treated
very rare:	less than 1 person out of 10.000 persons treated
Unknown:	Frequency cannot be assessed based on available data

A mild diarrhea with the typical accompanying symptoms (eg stomach cramps), and abdominal pain, nausea and heartburn can occur. Furthermore, hypersensitivity reactions such as skin rashes may occur.

There are no data on the frequency of these potential side effects.

If you notice any side effects listed in this leaflet, please tell your doctor so that he can decide on the severity or any necessary further measures.

Do not take Bile Tablet with Artichoke again at the first signs of a hypersensitivity reaction.

### Reporting side effects

If you notice any side effects, please consult your doctor or pharmacist. This also applies to side effects not listed in this information leaflet. You can also register side effects directly with the Bundesinstitut für Arzneimittel und Medizinprodukte, Abt. Pharmakovigilanz, Kurt-Georg-Kiesinger Allee 3, D-53175 Bonn, website: [www.bfarm.de](http://www.bfarm.de). By registering side effects, you can help to make the medicinal product safer for others to use in the future.

### 5. HOW SHOULD BILE TABLET WITH ARTICHOKE BE STORED?

Keep all medicines out of the reach and sight of children.

Do not take the medicinal product if the "use by" date on the box or blister pack has expired. The use by date relates to the last day of the month in question.

**Storage information:** Do not store above 30 °C.

### 6. ADDITIONAL INFORMATION

#### What does Bile Tablet with Artichoke contain

**The active ingredient is:** Artichoke leaves dry extract.

1 coated tablet contains:

300mg Dry Extract of Artichoke Leaves (5,8-7,5:1), extraction agent: Water

#### The other ingredients are:

Maltodextrin, Precipitated Silica, Povidone K 90, Pregelatinized Maize Starch, Carboxymethyl Starch Sodium (Type A) (Ph.Eur), Lactose Monohydrate, Powdered Cellulose, Magnesium Stearate (Ph.Eur), purified Water, Hypromellose, Glycerol 85%, Zitanium Dioxide E 171, Talc, Calcium Carbonate , Sucrose, White Clay, Gum Arabic, Polyethylene Glycol 6000.  
Contains Carbohydrates equivalent to 0.03 BE (bread units).

#### Available packet sizes:

Original packets with 150 coated tablets.

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For risks and side effects please read the package insert and ask your physician or pharmacist.