

LIVOSIL SUSPENSION

COMPOSITION

Each 5 ml of **Livosil Suspension** contains:

Silymarin 35 mg

PHARMACOLOGY

Silymarin is an active principle from the fruit of *Silybum marianum*. The principle components are the flavonolignans, silybin, isosilybin, silydianin and silychristin of which silibinin is the major component.

Silymarin reduces the turnover of membrane phospholipids and stabilizes the cell membranes of hepatocytes. It has potent antioxidant action and prevents lipid peroxidation. Free radical scavenging (antioxidant) action is via the glutathione system and superoxide dismutase. Silymarin stimulates synthesis of polymerase I, enhances ribosomal protein synthesis and reduces prostaglandin synthesis.

Silymarin is known for its hepatoprotective action preventing hepatic glutathione depletion induced by ethyl alcohol and paracetamol in animal studies. Silymarin also increases the phagocytic activity of the kupffer cells, contributing to hepatoprotective and regenerative effects.

Silymarin is absorbed to the extent of about 50% following an oral dose. The major ingredient, Silibinin, is concentrated in the liver, reaches high concentration in the bile, almost 30 times that in plasma. Peak plasma levels are attained 4-6 hours following oral dose. Systemic half-life is about 6-8 hrs. Main route of elimination is through the bile.

INDICATIONS

- Acute and chronic viral hepatitis
- Alcoholic liver disease
- Fatty degeneration of liver in Diabetics
- Early stages of Liver cirrhosis
- Toxic and drug induced liver diseases
- *Amanita* mushroom poisoning
- Gall stones

DOSAGE & ADMINISTRATION

The usual recommended dose of **Livosil Suspension** in mild to moderate hepatic impairment is 10 mg/kg body weight in 3 divided doses after meals. In severe cases 20 mg/kg body weight may be administered in 3 divided doses.

CONTRAINDICATIONS

Livosil Suspension is contraindicated in patients with known hypersensitivity to any ingredient of the formulation and in patients with allergies to plants in the aster family (Compositae, Asteraceae) or to daisies, artichokes, common thistle, kiwi. Overall, Silymarin has a good safety record.

PRECAUTIONS

In theory, Silymarin may lower blood sugar levels. Caution is advised in patients with diabetes or hypoglycemia, and in those taking drugs, that affect blood sugar. Serum glucose levels may need to be monitored.

Pregnancy & Lactation

There are no adequate and well-controlled studies with **Livosil Suspension** in pregnant and nursing women. Therefore, it should only be used if clearly needed.

DRUG INTERACTIONS

While no drug interactions could be found with **Livosil Suspension**, the influence silymarin has on liver function should be taken into account when concomitant use of a drug is envisaged.

ADVERSE REACTIONS

Silymarin appears to be well tolerated in recommended doses. There are rare reports of nausea, appetite loss, abdominal bloating, flatulence, heartburn, diarrhea and joint pain with Silymarin use.

PRESENTATION

Livosil Suspension is available in 100 ml bottles.

STORAGE

Store in a cool, dry and dark place.