

## LIVOSIL-B CAPSULE

### COMPOSITION

Each capsule **Livosil-B** contains:

Silymarin	70 mg
Thiamine Mononitrate [Vitamin B <sub>1</sub> ] I.P.	5 mg
Riboflavin [Vitamin B <sub>2</sub> ] I.P.	5 mg
Pyridoxine Hydrochloride [Vitamin B <sub>6</sub> ] I.P.	1.5 mg
Niacinamide I.P.	25 mg
Calcium Panthothenate I.P.	7.5 mg
Vitamin B <sub>12</sub> I.P.	5 mcg
Excipients	q.s.

### PHARMACOLOGY

**Livosil-B Capsule** is a unique combination of Silymarin with vitamins of the B-Complex group. The hepatoprotective effects of **Livosil-B Capsule** is accomplished via several mechanisms including antioxidation, inhibition of lipid peroxidation, enhanced liver detoxification and glucuronidation, and protection of glutathione depletion.

Studies have also shown that **Livosil-B Capsule** exhibits anti-inflammatory effects, including inhibition of leukotriene and prostaglandin synthesis, mast cell stabilization, and inhibition of neutrophil migration. In addition, **Livosil-B Capsule** has been shown to increase hepatocyte protein synthesis, thereby promoting hepatic tissue regeneration. **Livosil-B Capsule** reduces the conversion of hepatic stellate cells into myofibroblasts, slowing or even reversing fibrosis. Clinical studies have demonstrated **Livosil-B Capsule** to have immunomodulatory effects on the diseased liver.

The combination of Silymarin with Vitamin B complex in **Livosil-B Capsule** provides for a comprehensive therapy of various liver disorders.

Silymarin is not water soluble; therefore it is usually administered orally in encapsulated form. Silymarin is readily absorbed from the gastrointestinal tract. In animals and humans, peak plasma levels are reached in four to six hours after an oral dose. Silymarin is excreted primarily via the bile but some clearance is also achieved via the kidneys. The clearance half-life of Silymarin is six to eight hours.

### INDICATIONS

- Acute and chronic viral hepatitis
- Alcoholic Liver Disease
- Early stages of Cirrhosis
- Drug induced toxicity
- Fatty liver

### DOSAGE & ADMINISTRATION

In acute conditions the recommended dose is 1 capsule 3 times daily of **Livosil Forte Capsules** following which patients can be maintained on 1 **Livosil-B Capsule** 3 times daily as long as required.

In chronic conditions one **Livosil-B Capsule** may be taken 3 times daily as long as required.

### CONTRAINDICATIONS

Hypersensitivity to Silymarin or any ingredient of **Livosil-B Capsule**.

### 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 currently no adequate and well-controlled trials with Silymarin in pregnant and lactating women. **Livosil-B Capsule** should be used only when clearly needed.

**DRUG INTERACTIONS**

While no drug interactions could be found with **Livosil-B Capsule**. The influence that Silymarin has on liver function should be taken into account when pharmaceutical drugs are given concomitantly.

**ADVERSE EFFECTS**

Silymarin is reported to have a very good safety profile. Both animal and human studies showed that silymarin is non-toxic even when given at high doses (>1500 mg/day). However, a laxative effect is noted at these doses, which may be due to increased bile secretion and bile flow.

Other commonly noted adverse effects are: bloating, dyspepsia, nausea and irregular stools. Silymarin may also cause an allergic reaction in some individuals, particularly those with known allergies to plants in the Asteraceae family (thistles, daisies, artichokes). No other widely reported side effects are known when Silymarin is taken in proper therapeutic dosages.

**PRESENTATION**

Blister of 10 capsules

**STORAGE**

Store in a cool, dry and dark place.