

# Simepar®

Capsules

*Liver-protecting agent, with specific vitamins to improve hepatic function*

## Composition

Each capsule contains:

Silymarin	70 mg
Vitamin B <sub>1</sub> hydrochloride	4 mg
Vitamin B <sub>7</sub>	4 mg
Nicotinamide	12 mg
Vitamin B <sub>6</sub> hydrochloride	4 mg
Calcium pantothenate	8 mg
Vitamin B <sub>12</sub> (Cyanocobalamin)	1.2 mcg

## Properties

The silymarin contained in Simepar was first isolated in 1959 by B. Janiak and R. Haensel from Our Lady's Thistle (*Carduus marianus*), a medicinal plant which has been known for more than 2000 years. The therapeutic action of Simepar is based on its effect on the permeability of the liver cell membrane and on the excretory and metabolic function of the liver.

The specific vitamins of the B complex form a functional unit in the intermediate metabolism. Experiments have shown them to exert a protective effect on the liver through their enzymatic influence on protein and carbohydrate metabolism. They accelerate the reparation of damaged liver parenchyma, and thus promote the organ's detoxifying action. Moreover, the vitamin B-complex content in the case of hepatopathy is greatly reduced due to a loss of the storage capacity of the tissue. Such deficiencies are compensated by the administration of the B-complex vitamins contained in Simepar.

## Pharmacokinetics

A major part of silymarin is excreted via bile after oral administration and passes through the enterohepatic circulation.

Silybin is excreted mainly by the kidney although metabolites, particularly sulphate and glucuronide conjugates, are also present in bile. The excretion of silybin in humans lasts for about 24 hours and the total amount of silybin excreted in bile is about 20-40% of the ingested dose. Only 3-7% of the total dose is excreted renally.

## Indications

As an adjuvant to treatment in chronic liver disease.

- Liver cirrhosis
- Fatty liver

For the protection of the liver in cases of intoxication (e.g. alcohol abuse) and chronic disorders imposing a strain upon the liver.

## Dosage

Unless otherwise instructed by the doctor, a dosage of 3 x 1 capsule per day after meals is recommended. For follow-up treatment the dosage can be reduced to 1-2 capsules per day.

## Contraindications

No contraindications are so far known when therapeutic doses are administered.

## Side effects

Not reported.

## Interactions

Interactions with other drugs are not known.

## Presentation

Packings of 40 capsules  
Hospital packings

The information contained here is limited. Further information can be obtained from your doctor or pharmacist.

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