

Albronic 35 Tablet

Alendronic Acid 35mg Tablet

Description:

Alendronic Acid 35mg Tablet is a medication used to treat and prevent osteoporosis (weak bones) and other bone-related conditions. It is a bisphosphonate that works by inhibiting bone resorption (breakdown), helping to increase bone mass and reduce the risk of fractures. It is commonly prescribed for postmenopausal women, men, and individuals taking corticosteroids, who are at increased risk for bone thinning.

Composition:

Each tablet contains:

- Alendronic Acid: 35 mg
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Indications:

Alendronic Acid 35mg Tablet is primarily indicated for the following conditions:

1. Osteoporosis in Postmenopausal Women:
 - Helps prevent and treat bone loss and reduce the risk of fractures due to osteoporosis.
2. Osteoporosis in Men:
 - Used to increase bone mass and reduce the risk of fractures in men with osteoporosis.
3. Osteoporosis due to Corticosteroid Use:

- To prevent or treat bone loss in individuals taking corticosteroids for extended periods.
4. Paget's Disease of Bone:
 - To treat abnormal bone growth in conditions like Paget's disease.
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Dosage and Administration:

- Adults (Postmenopausal women, men, and corticosteroid-induced osteoporosis):
 - Take 1 tablet of 35mg once a week. It is important to take the tablet on the same day each week to help remember.
 - Paget's Disease:
 - For the treatment of Paget's disease, the usual dose is 35mg once a week for a period of 6 months.
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How to Take:

1. Take Alendronic Acid in the morning.
 2. Swallow the tablet whole with a full glass of plain water (not mineral water).
 3. Do not chew, break, or suck the tablet.
 4. Wait at least 30 minutes after taking the tablet before eating, drinking, or taking any other medication (including calcium or vitamin supplements) to ensure proper absorption.
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Side Effects:

Common side effects may include:

- **Gastrointestinal discomfort:** nausea, heartburn, abdominal pain, bloating, or constipation.
- **Musculoskeletal pain:** bone, muscle, or joint pain.
- **Headache or dizziness.**

Less common but serious side effects can include:

- **Esophageal irritation or ulcers:** May occur if the tablet is not taken as directed.
- **Osteonecrosis of the jaw:** A rare but serious condition, usually seen in cancer patients.
- **Severe bone, joint, or muscle pain.**
- **Low calcium levels (hypocalcemia).**

Precautions:

- 1. Bone and Joint Issues:**
 - **Notify your doctor if you have a history of bone, jaw, or dental issues, as bisphosphonates like alendronic acid can cause complications like osteonecrosis of the jaw.**
- 2. Kidney Function:**
 - **Caution is needed in patients with impaired kidney function. Your doctor may need to adjust the dosage.**
- 3. Gastrointestinal Conditions:**
 - **Avoid if you have a history of esophageal disorders (like strictures, ulcers, or other GI problems), as it may cause esophageal irritation.**
- 4. Pregnancy and Lactation:**
 - **Not recommended for use during pregnancy or lactation unless clearly needed. Always consult your doctor before use if pregnant or breastfeeding.**

Interactions:

- **Calcium, Iron, and Magnesium:**
 - **These can interfere with the absorption of alendronic acid, so they should not be taken within 30 minutes of taking the tablet.**
- **Nonsteroidal Anti-Inflammatory Drugs (NSAIDs):**
 - **Caution should be used if combining with NSAIDs as this may increase the risk of gastrointestinal issues.**
- **Other Medications:**
 - **Always inform your doctor about any other medications you are taking, including over-the-counter drugs and supplements.**

Storage Instructions:

- **Store at room temperature (15°C to 30°C).**
- **Keep in a dry place away from direct sunlight and moisture.**
- **Keep out of reach of children.**

Note: Alendronic Acid 35mg Tablet should be taken under the supervision of a healthcare provider. Regular monitoring of bone density and kidney function is recommended during long-term use. Ensure that you follow the prescribed regimen for best results and consult your healthcare provider if you experience any severe side effects or if symptoms persist.

Manufactured in India for:


CafoliTM
L I F E C A R E
Cafoli Lifecare Pvt. Ltd.
(An ISO 9001: 2015 Certified Co.)
Plot no.: 367-FF, Industrial Area Phase-I,
Panchkula-134113
TM: Trademark Applied for