

Clomihead M100 Tablet

Clomiphene (100 mg) + Melatonin (3 mg) Tablet

Comprehensive Solution for Fertility Enhancement
and Sleep Support

Description

The **Clomiphene (100 mg) + Melatonin (3 mg) Tablet** combines two powerful ingredients designed to support **fertility** and improve **sleep patterns**. This unique combination is ideal for women who face challenges with **ovulation** or **fertility**, while also benefiting from Melatonin's ability to regulate the sleep-wake cycle. By tackling both hormonal and sleep-related issues, this formulation offers an integrated approach to overall reproductive health and well-being.

Clomiphene Citrate (100 mg) is a well-known fertility medication used to treat **ovulatory dysfunction**, a condition where women have difficulty ovulating or releasing eggs. By stimulating the pituitary gland, Clomiphene increases the release of hormones necessary for ovulation, thereby improving the chances of conception.

Melatonin (3 mg) is a naturally occurring hormone that helps regulate the body's internal clock. Often used to address **sleep disturbances**, Melatonin helps promote restful sleep and align the sleep-wake cycle, which can be crucial for overall health and fertility. Balanced sleep is essential in supporting normal hormonal functions and improving reproductive outcomes.

Key Benefits

Clomiphene (100 mg)

- **Ovulation Stimulation:** Clomiphene works by blocking estrogen receptors in the hypothalamus, leading to increased secretion of follicle-stimulating hormone (FSH) and luteinizing hormone (LH). These hormones stimulate the ovaries, helping to

promote the maturation and release of eggs, which can increase fertility.

- **Fertility Support:** Clomiphene is commonly used in women who are struggling with **irregular ovulation** or **anovulation** (absence of ovulation), and it significantly increases the chances of conception. It is often one of the first treatments used for **unexplained infertility**.
- **Non-invasive Treatment:** As an oral medication, Clomiphene offers a non-invasive approach to fertility enhancement compared to other options like injections, making it a popular first-line treatment.

Melatonin (3 mg)

- **Improves Sleep Quality:** Melatonin helps regulate the body's sleep-wake cycle, promoting restful sleep. This can be particularly beneficial for women who are undergoing fertility treatments or those whose fertility may be impacted by **sleep disorders**.
 - **Supports Hormonal Balance:** Proper sleep is essential for maintaining balanced hormone levels. Melatonin not only supports sleep but also helps improve the regulation of reproductive hormones, which can support overall fertility and well-being.
 - **Reduces Stress and Anxiety:** Melatonin has natural **calming** properties that help reduce stress, anxiety, and other symptoms that may interfere with sleep or fertility.
 - **Aligns the Sleep-Wake Cycle:** Melatonin assists in aligning the body's internal clock, which can be disrupted by irregular schedules, jet lag, or certain medications. A regular sleep cycle is vital for maintaining a healthy hormonal balance that supports fertility.
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How This Combination Works

- **Clomiphene Citrate** stimulates ovulation, helping to promote the release of eggs from the ovaries, which is essential for conception.
- **Melatonin** enhances sleep quality and regulates the circadian rhythm, ensuring that the body's hormonal

functions, including those related to fertility, are functioning optimally.

By combining these two ingredients, the tablet offers a **comprehensive solution** for women who are facing challenges related to both fertility and sleep disturbances, thus addressing multiple factors that influence reproductive health.

Suggested Use

- **Dosage:**
Take **one tablet daily**, typically starting on the 5th day of the menstrual cycle, as directed by a healthcare provider. The dose of Clomiphene may be adjusted depending on the individual's response to the medication.

For **Melatonin**, the 3 mg dose supports sleep without causing drowsiness the next day. It is often recommended to take it **30 to 60 minutes before bedtime** to help regulate sleep patterns.

- **Duration of Use:**
The usual course of Clomiphene treatment lasts for **5 days**, but your healthcare provider will determine the appropriate duration based on individual needs. Melatonin may be taken longer for improving sleep quality.
 - **Administration:**
The tablet can be taken with or without food. Ensure to follow your healthcare provider's instructions regarding dosage and timing.
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Storage

- Store in a **cool, dry place** at room temperature.
 - Keep out of reach of children.
 - Protect from moisture and light.
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Precautions

- **Consult a doctor** before using this tablet if you are pregnant, planning to become pregnant, or breastfeeding. Clomiphene is not recommended during pregnancy.

- **Not suitable for women with ovarian cysts** (except in the case of polycystic ovary syndrome, or PCOS, where it may be used under medical supervision).
 - **Side effects** of Clomiphene may include hot flashes, mood swings, nausea, and headaches. Melatonin may cause mild dizziness, drowsiness, or headaches.
 - **Avoid alcohol** and other sedative medications while taking Melatonin to prevent excessive drowsiness.
 - Women with **endometriosis** or **unexplained infertility** should use Clomiphene under strict medical supervision.
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Possible Side Effects

- **Clomiphene:** Hot flashes, mood changes, nausea, abdominal discomfort, headaches, or visual disturbances.
 - **Melatonin:** Drowsiness, dizziness, daytime fatigue, or headache, particularly if taken at higher doses.
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Disclaimer

This product is a prescription medication and should only be used as directed by a healthcare provider. It is not intended to diagnose, treat, cure, or prevent any disease. Always consult with your healthcare provider before starting or changing your medication regimen. Results may vary depending on individual conditions.

Clomiphene (100 mg) + Melatonin (3 mg) Tablet —
A Dual-Action Approach to Fertility and Sleep
Wellness

Manufactured in India for:


CafoliTM
L I F E C A R E
Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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