

Myohub M Tablet

Metformin (500mg) + Myo-Inositol (600mg) Tablet

Composition:

Each tablet contains:

- Metformin – 500mg
- Myo-Inositol – 600mg

Description:

This combination tablet combines Metformin, a widely used medication for managing type 2 diabetes, with Myo-Inositol, a naturally occurring compound often used in the management of polycystic ovary syndrome (PCOS).

- Metformin works by reducing the amount of sugar produced by the liver and improving the body's sensitivity to insulin. It helps lower blood glucose levels and is effective in the management of type 2 diabetes.
- Myo-Inositol is a member of the vitamin B complex and is known for its role in insulin signaling and supporting ovarian function, especially in women with PCOS. It helps improve insulin resistance, regulate menstrual cycles, and promote reproductive health.

Together, these ingredients provide a dual benefit for both diabetes management and supporting ovarian health, especially for women with PCOS.

Indications:

This tablet is recommended for:

- **Management of Type 2 Diabetes:** Metformin helps in lowering blood glucose levels and improving insulin sensitivity.
- **Polycystic Ovary Syndrome (PCOS):** Myo-Inositol helps improve insulin sensitivity, regularize menstrual cycles, and promote fertility in women with PCOS.
- **Weight Management:** The combination of Metformin and Myo-Inositol can assist with weight control in patients with insulin resistance or metabolic disturbances, particularly in PCOS.
- **Improving Reproductive Health:** In women with PCOS, this combination may help regulate ovulation and support overall reproductive health.

Dosage and Administration:

- **Adults:** Take 1 tablet twice a day with meals, or as directed by your healthcare provider.
- **Children:** Not recommended for children under 18 years of age unless advised by a healthcare provider.
- **Pregnancy and Lactation:** Consult your doctor before using this medication during pregnancy or breastfeeding.

Precautions:

- **Kidney Function:** Regular monitoring of kidney function is required for patients on Metformin, as it may affect renal function, especially in elderly individuals or those with pre-existing conditions.
- **Lactic Acidosis:** Lactic acidosis is a rare but serious side effect of Metformin. Seek immediate medical help if you experience symptoms like unusual

muscle pain, difficulty breathing, dizziness, or unusual tiredness.

- **Hypoglycemia:** While Metformin typically does not cause hypoglycemia, it may enhance the effects of other diabetic medications, leading to low blood sugar. Always monitor blood sugar levels regularly.
- **Alcohol Consumption:** Limit alcohol consumption while on Metformin, as alcohol can increase the risk of lactic acidosis and affect blood sugar levels.
- **PCOS:** For women with PCOS, Myo-Inositol should be used under medical supervision as part of an overall treatment plan that includes lifestyle modifications.

Side Effects:

While generally well-tolerated, some individuals may experience:

- **Gastrointestinal Symptoms:** Nausea, diarrhea, abdominal pain, or a metallic taste, particularly during the first few weeks of treatment with Metformin.
- **Headache:** A common side effect, especially during the initiation of therapy.
- **Fatigue:** Feeling unusually tired or weak may occur.
- **Hypoglycemia:** If used in combination with other medications that lower blood sugar, there may be a risk of hypoglycemia (low blood sugar).
- **Weight Loss:** Some individuals may experience slight weight loss due to Metformin's effect on insulin sensitivity.

If any of the following occur, discontinue use and consult your healthcare provider:

- **Severe Abdominal Pain or Nausea:** Symptoms suggestive of lactic acidosis, such as muscle pain, difficulty breathing, or dizziness.
- **Severe Allergic Reactions:** Rash, swelling, or difficulty breathing.

Storage:

- **Store in a cool, dry place, away from direct sunlight.**
- **Keep out of reach of children.**
- **Do not use after the expiration date printed on the packaging.**

Packaging:

Available in a bottle containing 30, 60, or 90 tablets, or as specified by the packaging size.

Note:

- **This product is a prescription medication and should be taken under the supervision of a healthcare provider.**
- **It is essential to follow the prescribed dosage and any specific instructions provided by your doctor or pharmacist.**
- **This product should not be used as a substitute for a healthy diet or exercise. It is recommended to maintain a balanced diet and regular physical activity for optimal results.**

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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