

Nimoplit Cold Plus Tablet

**Nimesulide (100mg) + Paracetamol (325mg) +
Phenylephrine (10mg) + Caffeine (25mg)
Tablet: Information Guide**

- **Phenylephrine: 10mg**
- **Caffeine: 25mg**

Description

The Nimesulide (100mg) + Paracetamol (325mg) + Phenylephrine (10mg) + Caffeine (25mg) tablet is a combination medication designed to provide effective relief from pain, inflammation, and symptoms associated with the common cold or flu, such as nasal congestion and headache.

Nimesulide: A nonsteroidal anti-inflammatory drug (NSAID) that helps reduce pain, inflammation, and fever by inhibiting the production of prostaglandins (chemicals that promote inflammation and pain).

- **Paracetamol (also known as Acetaminophen):** An analgesic and antipyretic that reduces pain and fever by inhibiting certain enzymes in the brain that are involved in pain and heat regulation.
- **Phenylephrine:** A decongestant that works by narrowing the blood vessels in the nasal passages, thereby reducing swelling and congestion.
- **Caffeine:** A stimulant that enhances the effectiveness of pain relievers like paracetamol and nimesulide, and also helps reduce fatigue and drowsiness that can occur with cold or flu symptoms.

Composition (per tablet)

- **Nimesulide: 100mg**
- **Paracetamol: 325mg**

Mechanism of Action

- **Nimesulide:** Reduces inflammation, pain, and fever by inhibiting the cyclooxygenase (COX) enzymes (COX-1 and COX-2), which are responsible for the production of prostaglandins.
- **Paracetamol:** Acts on the central nervous system to reduce pain and fever by inhibiting the COX enzymes, particularly in the brain, without significant anti-inflammatory effects.
- **Phenylephrine:** Acts as a vasoconstrictor, narrowing the blood vessels in the nasal passages, which helps reduce nasal congestion and swelling.
- **Caffeine:** Stimulates the central nervous system, which can help counteract the drowsiness often caused by other medications and enhance the analgesic effects of paracetamol and nimesulide.

Indications

This combination tablet is primarily used for the relief of symptoms associated with:

- **Common Cold and Flu:** Provides relief from fever, body aches, headaches, and nasal congestion.
- **Sinusitis:** Helps reduce sinus pressure and congestion.
- **Tension Headaches:** Alleviates pain caused by tension or mild migraines.
- **Pain and Inflammation:** Effective for general pain relief, such as muscle aches, joint pain, and menstrual pain.

Dosage and Administration

- **Recommended Dose:**
 - Take one tablet every 8-12 hours or as prescribed by your healthcare provider.
 - Do not exceed the recommended dose of two tablets in 24 hours.
 - It is advisable to take this tablet after food to reduce the risk of stomach irritation caused by nimesulide.
 - **Administration:**
 - Swallow the tablet whole with a glass of water.
 - Do not chew or crush the tablet.
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Contraindications

- **Hypersensitivity:** Contraindicated in patients with a known allergy to any of the ingredients, especially nimesulide, paracetamol, phenylephrine, or caffeine.
- **Gastrointestinal Disorders:** Not recommended for individuals with a history of peptic ulcers, gastrointestinal bleeding, or other serious gastrointestinal conditions.
- **Liver or Kidney Disease:** Use with caution in individuals with liver or kidney impairment, especially due to the presence of paracetamol, which can be hepatotoxic in high doses.
- **Cardiovascular Conditions:** Contraindicated in individuals with severe hypertension, coronary artery disease, or other heart-related conditions, as phenylephrine may elevate blood pressure.
- **Pregnancy and Lactation:** Not recommended during pregnancy (especially in the third trimester) and

breastfeeding unless prescribed by a healthcare professional.

- **Children:** Not recommended for use in children under 12 years of age.
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Warnings and Precautions

- **Liver Function:** Caution is advised in individuals with liver dysfunction or a history of alcohol consumption, as paracetamol can lead to liver toxicity at high doses.
 - **Kidney Function:** Individuals with renal impairment should use this combination under medical supervision.
 - **Cardiovascular Monitoring:** Since phenylephrine can increase blood pressure, it is essential to monitor blood pressure in patients with hypertension or cardiovascular diseases.
 - **Drug Interactions:** This combination may interact with other medications, such as blood pressure medications (especially beta-blockers), antidepressants (SSRIs, MAO inhibitors), and other NSAIDs. Always consult your doctor before combining with other treatments.
 - **Caffeine Sensitivity:** Individuals sensitive to caffeine may experience symptoms such as jitteriness, anxiety, or insomnia.
 - **Alcohol:** Avoid alcohol consumption while using this medication, as it can increase the risk of liver damage due to paracetamol and exacerbate drowsiness.
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Adverse Effects

- **Common Side Effects:**
 - Stomach discomfort or upset (especially with nimesulide).
 - Headache or dizziness.

- **Insomnia or restlessness due to caffeine.**
 - **Mild gastrointestinal disturbances, including nausea or constipation.**
 - **Serious Side Effects:**
 - **Gastrointestinal Bleeding:** Symptoms include black or bloody stools, vomiting blood, or severe stomach pain.
 - **Severe Allergic Reactions:** Rash, itching, swelling of the face or throat, and difficulty breathing.
 - **Liver Damage:** Symptoms like yellowing of the skin or eyes, dark urine, or persistent abdominal pain.
 - **Cardiovascular Symptoms:** Chest pain, palpitations, or shortness of breath, particularly in individuals with high blood pressure or heart disease.
 - **Severe Dizziness or Fainting:** May occur due to changes in blood pressure or other side effects.
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Drug Interactions

- **Other NSAIDs:** Concurrent use with other NSAIDs, including aspirin or ibuprofen, can increase the risk of gastrointestinal bleeding and ulcers.
- **Anticoagulants:** Caution is required when used with blood thinners like warfarin, as the combination can increase bleeding risk.
- **Antihypertensives:** Phenylephrine can counteract the effect of blood pressure-lowering medications, especially beta-blockers and diuretics.
- **CYP450 Enzyme Inhibitors:** Medications that inhibit liver enzymes, such as certain antifungals (ketoconazole) and antibiotics (erythromycin), may increase the effects of paracetamol.

- **Caffeine:** The stimulating effect of caffeine may be enhanced when combined with other stimulants, such as certain medications for weight loss or asthma.
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Storage

- **Store the tablets in a cool, dry place at room temperature (15°C to 25°C).**
 - **Keep the bottle tightly closed and protect from moisture and direct sunlight.**
 - **Keep out of reach of children.**
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Key Points

- **This combination tablet is effective for the relief of pain, fever, nasal congestion, and symptoms of the common cold or flu.**
 - **Always follow the prescribed dosage and consult your healthcare provider if you have existing conditions such as hypertension, liver disease, or are pregnant.**
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Note: This medication should only be used as directed by a healthcare provider. For any concerns or if you experience any unusual symptoms, consult your doctor promptly.

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Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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