

# Paraplom 650

## Paracetamol (650mg)

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### Description

Paracetamol (650mg) is a commonly used analgesic (pain reliever) and antipyretic (fever reducer) medication. It is widely used for the relief of mild to moderate pain, such as headaches, toothaches, muscle aches, and pain from common colds, as well as for reducing fever. Paracetamol (650mg) is a standard strength tablet designed to offer effective pain and fever management with minimal side effects when taken at the appropriate dosage.

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### Composition

Each tablet contains:

- **Paracetamol – 650mg**  
Excipients: Microcrystalline cellulose, starch, povidone, magnesium stearate, hypromellose, and other pharmaceutical excipients.
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### Indications

Paracetamol (650mg) is indicated for:

- **Pain Relief:** Used to treat mild to moderate pain, such as:
  - Headaches
  - Toothaches
  - Muscular pain
  - Menstrual cramps
  - Joint and back pain
  - Post-operative pain
- **Fever Reduction:** Effective for reducing fever associated with various conditions, including colds, flu, or after vaccinations.

### Mechanism of Action

Paracetamol works by inhibiting the production of prostaglandins in the brain, chemicals responsible for pain and inflammation. It is believed to act primarily in the central nervous system (CNS) and has minimal effects on peripheral inflammation compared to other pain relievers like NSAIDs (nonsteroidal anti-inflammatory drugs). Paracetamol thus helps reduce pain and lowers fever without significant anti-inflammatory effects.

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### Dosage and Administration

For Adults and Children Over 12 Years:

- **Standard Dose:** One tablet (650mg) every 4-6 hours as needed.
- **Maximum Dose:** Do not exceed 4 tablets (2600mg) in a 24-hour period.
- The tablet should be swallowed whole with water, and it should not be crushed, chewed, or broken.

For Children (under 12 years):

- Not recommended for children under 12 years of age without the guidance of a healthcare provider.
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### Contraindications

Paracetamol (650mg) should not be used in the following conditions:

- **Hypersensitivity:** Known allergy to paracetamol or any of the excipients in the formulation.

- **Severe Liver Disease:** Patients with severe liver disease or liver failure should not use paracetamol.
  - **Alcoholic Liver Disease:** Chronic alcohol consumption or alcohol-related liver damage increases the risk of liver toxicity when using paracetamol.
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### Precautions

- **Hepatic Impairment:** Use with caution in patients with liver dysfunction. The dose may need to be reduced in these cases.
  - **Renal Impairment:** Caution is advised for patients with kidney problems.
  - **Chronic Alcohol Use:** Chronic alcohol use may increase the risk of liver damage from paracetamol.
  - **Overdose:** Paracetamol overdose can cause severe liver damage, even in those with no previous liver problems. If an overdose occurs, immediate medical attention is required, even if symptoms are not immediately apparent.
  - **Regular Monitoring:** For long-term use, liver function tests may be recommended.
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### Side Effects

Paracetamol is generally well-tolerated when used at recommended doses, but side effects can include:

- **Common Side Effects:** Nausea, stomach discomfort, or mild headache.
- **Serious Side Effects:**
  - **Liver damage:** Symptoms include yellowing of the skin or eyes (jaundice), dark urine, unusual tiredness, or bleeding/bruising.
  - **Allergic Reactions:** Rash, swelling, itching, or difficulty breathing (anaphylaxis is rare but possible).
  - **Blood Disorders:** Rarely, paracetamol can cause low blood pressure or affect red or white blood cell counts.

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### Drug Interactions

Paracetamol may interact with the following:

- **Warfarin:** Prolonged use of paracetamol may enhance the effects of warfarin and increase the risk of bleeding.
  - **Other Hepatotoxic Drugs:** Caution is needed when using other liver-affecting medications alongside paracetamol (e.g., anti-epileptics like phenytoin).
  - **Chronic Alcohol Consumption:** Increases the risk of liver damage when combined with paracetamol.
  - **Other Painkillers:** Combining paracetamol with other pain-relieving medications, especially NSAIDs, should be done under medical supervision to avoid overdose.
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### Storage Instructions

- Store in a cool, dry place at room temperature (15°C to 30°C).
  - Protect from moisture and direct sunlight.
  - Keep out of reach of children.
  - Do not use past the expiry date.
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### Presentation

- **Form:** Oral tablet (650mg).
  - **Packaging:** Available in blister packs of 10, 20, or 30 tablets.
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### Conclusion

Paracetamol (650mg) is an effective and widely used medication for the management of mild to moderate pain and fever. It offers quick and reliable relief with minimal side effects when used as directed. However, caution should be exercised, especially in individuals with liver or

**kidney conditions or those using other medications. Always adhere to the prescribed dosage, and consult a healthcare provider for prolonged use or in case of any concerns or side effects.**

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