

# Paraplom M Tablet

**Mefenamic Acid (500 mg) + Paracetamol (325 mg) Tablet**

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## Description:

**Mefenamic Acid (500 mg) + Paracetamol (325 mg) tablet is a combination medication used to provide effective relief from pain and fever. Mefenamic acid is a nonsteroidal anti-inflammatory drug (NSAID) that helps reduce inflammation, pain, and fever, while Paracetamol (also known as acetaminophen) is a widely used analgesic and antipyretic that effectively reduces pain and fever.**

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## Composition:

- **Mefenamic Acid: 500 mg**
  - **Paracetamol: 325 mg**
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## Indications:

**This combination tablet is indicated for:**

- 1. Pain Relief:**
    - **Mild to moderate pain, including headaches, toothaches, menstrual cramps, muscle pain, and post-surgical pain.**
    - **Pain associated with inflammatory conditions like arthritis.**
  - 2. Fever Reduction:**
    - **To help reduce fever caused by infections such as the common cold, flu, or other febrile conditions.**
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## Mechanism of Action:

- **Mefenamic Acid:** Mefenamic acid works by **inhibiting the cyclooxygenase (COX) enzymes (COX-1 and COX-2), which are responsible for the production of prostaglandins. These chemicals promote inflammation, pain, and fever in the body.** **Paracetamol:** Paracetamol works primarily in the central nervous system, where it inhibits the COX enzymes, particularly COX-2, reducing the production of prostaglandins in the brain, which lowers pain and reduces fever.
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## Dosage and Administration:

- **For Adults:**
  - **1 tablet (500 mg Mefenamic Acid + 325 mg Paracetamol) every 6-8 hours as needed.**
  - **Do not exceed 4 tablets (2,000 mg Mefenamic Acid + 1,300 mg Paracetamol) in 24 hours.**
- **For Children (12 years and older):**
  - **1 tablet (500 mg Mefenamic Acid + 325 mg Paracetamol) every 6-8 hours, as needed, but not exceeding 3 tablets in 24 hours.**

## Note:

- **Do not exceed the recommended dose to avoid the risk of serious side effects such as liver damage (from Paracetamol) or gastrointestinal issues (from Mefenamic acid).**
  - **If symptoms persist for more than 5 days, consult a healthcare provider.**
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## Side Effects:

- **Common:**
  - Nausea, stomach upset, or mild dizziness.
  - Gastrointestinal discomfort, such as indigestion, bloating, or mild abdominal pain.
- **Serious but Rare:**
  - **Gastrointestinal Issues: Ulcers, bleeding, or perforation in the stomach or intestines (especially with prolonged use of Mefenamic acid).**
  - **Liver damage: Symptoms include yellowing of the skin or eyes, dark urine, or abdominal pain, particularly with overuse of Paracetamol.**
  - **Allergic reactions: Rash, swelling of the face, lips, or throat, causing difficulty breathing (anaphylaxis).**

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## Precautions:

1. **Liver Disease: Use with caution in patients with liver impairment. Overuse of Paracetamol can lead to liver toxicity.**
  2. **Gastrointestinal Conditions: Mefenamic acid, being an NSAID, can irritate the stomach and intestines, increasing the risk of ulcers, bleeding, and perforation, particularly with prolonged use.**
  3. **Kidney Disease: Both Mefenamic acid and Paracetamol should be used cautiously in individuals with kidney dysfunction.**
  4. **Pregnancy and Breastfeeding: Consult your healthcare provider before using during pregnancy or breastfeeding. Mefenamic acid should generally be avoided during the third trimester of pregnancy.**
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## Storage:

- **Store at room temperature (15-30°C), away from direct light and moisture.**
- **Keep the tablets in a tightly closed container and out of reach of children.**
- **Do not refrigerate or freeze.**

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## Note:

**This combination should be used as directed by your healthcare provider. Overuse or misuse can lead to serious side effects, including liver, kidney, or gastrointestinal damage. If you experience any adverse reactions or symptoms persist, consult your healthcare provider. Always follow the prescribed dosage and duration of treatment.**

Manufactured in India for:

**Cafoli**<sup>TM</sup>  
L I F E C A R E

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