

## Paraplom D Tablet

### Paracetamol 325 mg + Phenylephrine 5 mg + Caffeine 20 mg + Diphenhydramine 125 mg Tablet

#### Description:

This combination tablet is formulated to provide effective relief from symptoms of cold, flu, sinusitis, and related conditions, including pain, congestion, and drowsiness.

#### Composition:

Each tablet contains:

- **Paracetamol I.P.** 325 mg
- **Phenylephrine HCl I.P.** 5 mg
- **Caffeine I.P.** 20 mg
- **Diphenhydramine HCl I.P.** 125 mg
- **Excipients:** [Details based on formulation].

#### Pharmacological Actions:

1. **Paracetamol:**
  - Provides analgesic and antipyretic effects by inhibiting prostaglandin synthesis, reducing pain and fever.
2. **Phenylephrine:**
  - A decongestant that reduces nasal and sinus congestion by vasoconstricting blood vessels in the nasal mucosa.
3. **Caffeine:**
  - Enhances the analgesic effect of paracetamol and helps counteract drowsiness.
4. **Diphenhydramine:**
  - An antihistamine with sedative properties, providing relief from allergic symptoms such as runny nose, sneezing, and watery eyes.

#### Indications:

This combination tablet is indicated for:

- Relief of symptoms associated with colds and flu, including headache, fever, body aches, and congestion.

- Sinusitis and associated nasal or sinus congestion.
- Relief from allergic symptoms like sneezing, runny nose, and watery eyes.

#### Dosage and Administration:

- **Adults and children over 12 years:**  
1 tablet every 6-8 hours, as needed, or as prescribed by a physician.
  - Do not exceed 4 tablets in 24 hours.
- **Method of Administration:** Swallow the tablet with water.

#### Contraindications:

- Hypersensitivity to any of the active ingredients or excipients.
- Severe hypertension or coronary artery disease (due to phenylephrine).
- Concurrent use of monoamine oxidase inhibitors (MAOIs) or within 14 days of stopping them.
- Severe hepatic or renal impairment.

#### Warnings and Precautions:

- Use with caution in patients with cardiovascular disease, glaucoma, hyperthyroidism, or diabetes.
- Prolonged or excessive use of paracetamol can lead to liver damage.
- Diphenhydramine may cause drowsiness; avoid operating heavy machinery or driving.
- Avoid concurrent use with other medications containing paracetamol to prevent overdose.

#### Side Effects:

Common side effects include:

- Drowsiness or sedation (due to diphenhydramine).
- Dry mouth, dizziness, or restlessness.
- Nausea or gastrointestinal discomfort.

Rare but serious side effects:

- Allergic reactions (rash, swelling, or difficulty breathing).
- Increased blood pressure or palpitations.
- Hepatic dysfunction with prolonged use.

### **Drug Interactions:**

- Avoid use with other sedatives or alcohol due to additive sedative effects.
- Phenylephrine may interact with beta-blockers or antihypertensive medications.
- Diphenhydramine may enhance the effects of CNS depressants.

### **Storage:**

Store in a cool, dry place below 30°C. Protect from light and moisture. Keep out of reach of children.

### **Packaging:**

Available in [specify packaging type: blister pack or bottle].

### **Disclaimer:**

This medication should be used under medical supervision. Consult your healthcare provider for appropriate use, especially if symptoms persist or worsen.

Manufactured in India for:

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

**Cafoli Lifecare Pvt. Ltd.**

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