

Thyine 12.5

Thyroxine (Levothyroxine) 12.5 mcg Tablet

Overview:

Thyroxine (Levothyroxine) 12.5 mcg tablet is a synthetic thyroid hormone used to manage [hypothyroidism](#), a condition where the thyroid gland does not produce enough hormones. It helps regulate metabolism, energy levels, and overall bodily functions by restoring normal thyroid hormone levels. It is an essential medication for individuals with thyroid hormone deficiency and is often prescribed for long-term use.

Indications:

- Treatment of hypothyroidism (underactive thyroid)
- Thyroid hormone replacement therapy
- Prevention and treatment of [goiter](#) caused by hormonal imbalances
- Adjunct therapy for thyroid cancer treatment in some cases

Dosage & Administration:

- Typically taken **once daily on an empty stomach**, at least **30 to 60 minutes before breakfast** for optimal absorption.
- Dosage is **individualized** based on medical condition, age, weight, and response to therapy.
- It should be taken at the **same time every day** to maintain consistent hormone levels.
- Avoid consuming **calcium, iron supplements, antacids, and certain foods** (such as soy and high-fiber foods) within **4 hours** of taking the tablet to prevent absorption issues.
- Do not stop or change the dosage without consulting a healthcare professional, as sudden changes can lead to complications.

Precautions & Warnings:

- **Heart Disease:** Patients with heart conditions, including [hypertension](#) or [coronary artery disease](#), should use levothyroxine with caution.

- **Adrenal & Pituitary Disorders:** Should be managed properly before starting thyroid hormone therapy.
- **Diabetes:** May affect blood sugar levels, requiring monitoring and possible dosage adjustments.
- **Pregnancy & Breastfeeding:** Safe under medical supervision, as thyroid hormone is essential for fetal development.

Possible Side Effects:

Most patients tolerate levothyroxine well, but some may experience side effects, particularly with improper dosing. Common side effects include:

- Weight changes (gain or loss)
- Increased heart rate (palpitations)
- Nervousness, irritability, or mood swings
- Headache and excessive sweating
- Difficulty sleeping (insomnia)

Severe Side Effects (Rare):

- Chest pain or irregular heartbeat
- Shortness of breath
- Unusual fatigue or muscle weakness
- Signs of [hyperthyroidism](#) (excess thyroid hormone) due to overdose

If any severe symptoms occur, seek medical attention immediately.

Drug Interactions:

- May interact with **antacids, calcium, iron supplements, cholesterol-lowering drugs, and some antidepressants**.
- Certain medications for **diabetes, blood pressure, and seizures** may require dosage adjustments.
- **Soy products, high-fiber foods, and grapefruit juice** may reduce absorption.

Storage & Handling:

- Store in a **cool, dry place** away from direct sunlight and moisture.

- Keep the tablets in their original packaging to protect from air and humidity.
- Keep out of reach of children and pets.

Conclusion:

Thyroxine (Levothyroxine) 12.5 mcg tablet is a critical medication for managing hypothyroidism and maintaining overall metabolic balance. It must be taken consistently and under medical supervision to ensure effectiveness and avoid complications. Regular thyroid function tests are recommended to monitor dosage and adjust treatment as necessary. Always consult a healthcare provider before making any changes to your thyroid medication regimen.

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Plot no.: 367-FF, Industrial Area Phase-I,
Panchkula-134113

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