

## Thyine 75

### Thyroxine (Levothyroxine) 75 mcg Tablet

#### Composition:

Each tablet contains:

- **Levothyroxine Sodium I.P.** 75 mcg
- **Excipients:** q.s.

#### Description:

Levothyroxine is a synthetic form of **thyroxine (T4)**, a vital thyroid hormone that regulates metabolism, growth, and overall physiological functions. It is prescribed for managing **hypothyroidism** and other thyroid-related conditions by supplementing or replacing deficient thyroid hormone levels in the body.

#### Indications:

Levothyroxine 75 mcg is indicated for the treatment of:

- **Primary Hypothyroidism** (due to thyroid gland failure, Hashimoto's thyroiditis, iodine deficiency, or post-thyroidectomy)
- **Secondary Hypothyroidism** (caused by pituitary dysfunction)
- **Tertiary Hypothyroidism** (resulting from hypothalamic dysfunction)
- **Congenital Hypothyroidism (Cretinism)**
- **Goiter Management** (to shrink thyroid gland enlargement)
- **Thyroid Cancer** (as suppressive therapy to lower TSH levels)

#### Pharmacology:

#### Mechanism of Action:

Levothyroxine is metabolized into **triiodothyronine (T3)**, the active thyroid hormone that regulates:

- **Metabolism** (enhances energy production and oxygen consumption)
- **Protein Synthesis and Enzyme Activation**
- **Growth and Development**
- **Cardiovascular Function** (increases heart rate and cardiac output)

#### Dosage & Administration:

- **Usual Adult Dose:** 75 mcg once daily, preferably taken in the **morning on an empty stomach**, at least **30-60 minutes before breakfast**.
- **Dose Adjustments:** Based on **TSH (Thyroid-Stimulating Hormone) levels**; periodic monitoring is required.
- **Elderly & Cardiac Patients:** A lower initial dose may be necessary to minimize cardiovascular risks.
- **Pediatric Use:** Dosing is weight-dependent and should be determined by a physician.

**Missed Dose:** Take the missed dose as soon as remembered unless it is close to the next scheduled dose. **Do not double the dose.**

#### Contraindications:

- Hypersensitivity to **Levothyroxine** or any excipients
- **Untreated thyrotoxicosis (hyperthyroidism)**
- **Untreated adrenal insufficiency**
- **Recent myocardial infarction (heart attack)**

#### Warnings & Precautions:

- **Cardiovascular Disease:** Caution is advised in patients with **heart disease, hypertension, or arrhythmias**.

- **Diabetes Mellitus:** Levothyroxine may alter insulin and **blood sugar levels**.
- **Osteoporosis Risk:** Prolonged high-dose use may decrease **bone mineral density**.
- **Pregnancy & Lactation:** Safe to use during pregnancy; dose adjustments may be required.

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### Side Effects:

When taken at the correct dose, Levothyroxine is well tolerated. However, excessive doses may cause:

- **Increased heart rate (tachycardia), palpitations**
- **Excessive sweating (hyperhidrosis)**
- **Unexplained weight loss**
- **Nervousness, anxiety, and tremors**
- **Headache and irritability**
- **Insomnia and restlessness**

Rarely, allergic reactions may occur. Seek immediate medical attention in case of severe side effects.

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### Drug Interactions:

Levothyroxine may interact with:

- **Antacids, calcium, iron, and magnesium supplements** (reduce absorption; take at least **4 hours apart**)
- **Warfarin and anticoagulants** (may increase bleeding risk)
- **Diabetes medications** (may require dose adjustments)
- **Beta-blockers and Digoxin** (may alter cardiac effects)

Always inform your healthcare provider about all medications being taken.

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### Storage Instructions:

- Store at **25°C** in a **cool, dry place**.
- Protect from **moisture and direct sunlight**.
- Keep out of reach of **children**.

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### Presentation:

Available in [**specify pack size**] blister packs.

**For therapeutic use only. Must be used under medical supervision.**

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