

# Citiflip 500 Tablet

## Citicoline (500mg) Tablet

Citicoline is a potent neuroprotective agent used to support brain health, improve cognitive functions, and aid in recovery from neurological injuries. It works by enhancing brain metabolism and the synthesis of important neurotransmitters, particularly acetylcholine, which plays a critical role in memory and learning. This supplement is commonly used for individuals with cognitive impairments, strokes, and other brain-related conditions.

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## Composition per Tablet:

- Citicoline (as Sodium Salt): 500 mg
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## Indications:

1. **Cognitive Decline:** Used to improve memory, concentration, and cognitive function in patients with age-related cognitive decline, Alzheimer's disease, and other dementia-related conditions.
  2. **Stroke Recovery:** Supports the recovery of brain function and enhances neurological repair following a stroke.
  3. **Traumatic Brain Injury (TBI):** Promotes recovery of cognitive functions and brain regeneration after head trauma.
  4. **Cerebral Vascular Insufficiency:** Improves cerebral circulation, cognitive performance, and brain metabolism in cases of reduced blood flow to the brain.
  5. **Neuroprotection:** Protects against neuronal damage due to oxidative stress and other neurodegenerative conditions.
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## Dosage & Administration:

- **Adults:**
  - **Initial Dose:** 1 tablet once or twice daily, or as prescribed by your healthcare provider.
  - **Maintenance Dose:** 1 tablet once daily or as advised by your doctor depending on the severity of the condition.

## Administration:

- Take the tablet orally with a glass of water, ideally after meals to minimize any gastric discomfort.
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## Benefits of Citicoline:

- **Enhances Brain Cell Membranes:** Citicoline plays a key role in maintaining and repairing the structure of brain cell membranes, promoting cell survival and function.
  - **Neurotransmitter Synthesis:** It boosts the production of acetylcholine, which is vital for memory, learning, and cognitive function.
  - **beneficial in conditions like Alzheimer's and Parkinson's disease.**
  - **Recovery after Stroke or Brain Injury:** Citicoline accelerates the recovery process by promoting brain repair and neuroplasticity.
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## Side Effects:

- **Common Side Effects:**
  - Headache
  - Insomnia or sleep disturbances

- Stomach upset or mild gastrointestinal discomfort
- Dizziness or lightheadedness
- Nausea
- **Serious Side Effects (Rare):**
  - Allergic reactions (rash, itching, swelling, difficulty breathing)
  - Chest pain or abnormal heart rhythm
  - Unexplained weight gain

If any of these severe side effects occur, discontinue use and consult your healthcare provider immediately.

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#### **Precautions:**

1. **Hypersensitivity:** Not recommended for individuals allergic to Citicoline or any of its excipients.
  2. **Pregnancy & Breastfeeding:** Consult your doctor before using Citicoline during pregnancy or while breastfeeding.
  3. **Kidney & Liver Impairment:** Use with caution in patients with renal or hepatic issues. A lower dose may be required.
  4. **Seizure Disorders:** Citicoline may lower the threshold for seizures; caution should be used for individuals with a history of epilepsy or seizures.
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#### **Overdose Symptoms:**

- Symptoms of overdose may include:
  - Severe headache
  - Drowsiness
  - Restlessness
  - Nausea or vomiting
  - Increased heart rate

If overdose is suspected, seek immediate medical attention.

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#### **Storage:**

- Store the tablets at room temperature (15–25°C).
  - Keep away from moisture, light, and heat.
  - Keep out of reach of children.
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#### **Key Counseling Points:**

1. **Adherence to Dosage:** Always follow your doctor's instructions and do not alter the dosage without professional advice.
  2. **Side Effects:** Contact your doctor if you experience any severe or persistent side effects.
  3. **Proper Storage:** Ensure that the medication is stored properly and out of reach of children.
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#### **Conclusion:**

Citicoline (500mg) Tablet is an effective neuroprotective supplement that supports cognitive function, brain repair, and recovery after stroke or traumatic brain injury. By improving brain metabolism and enhancing neurotransmitter function, Citicoline helps to protect brain cells and promote cognitive health.

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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