

## Clomihead M50 Tablet

### Clomiphene (50 mg) + Melatonin (3 mg) Tablet

A Dual-Purpose Solution for Ovulation Induction and Sleep Enhancement

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#### Description

The **Clomiphene (50 mg) + Melatonin (3 mg) Tablet** is an innovative combination designed to address two common concerns: **ovulatory dysfunction** and **sleep disturbances**. This tablet combines **Clomiphene Citrate**, a fertility medication, with **Melatonin**, a natural hormone that regulates sleep. It provides a comprehensive approach for women experiencing difficulty with both fertility and sleep, offering a unique solution for overall health and reproductive well-being.

**Clomiphene Citrate (50 mg)** is primarily used to stimulate ovulation in women who have **irregular menstrual cycles** or **anovulation** (lack of ovulation). By encouraging the ovaries to release eggs, Clomiphene significantly increases the chances of conception.

**Melatonin (3 mg)** is a natural hormone that regulates the body's internal clock and helps improve the quality of sleep. It is especially helpful for women who may experience difficulty sleeping due to stress, hormonal imbalances, or fertility-related concerns. Quality sleep is essential for overall health and hormonal regulation, especially for women trying to conceive.

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#### Key Benefits

##### Clomiphene (50 mg)

- **Ovulation Induction:**  
Clomiphene stimulates the **pituitary gland** to increase the production of **follicle-**

**stimulating hormone (FSH)** and **luteinizing hormone (LH)**, which in turn stimulates the ovaries to produce eggs. This can help women with **irregular ovulation** or those with **polycystic ovary syndrome (PCOS)**, increasing the likelihood of conception.

- **Increased Fertility Chances:**  
As one of the most widely prescribed fertility treatments, Clomiphene helps improve ovulation, offering a non-invasive option for women who are having difficulty conceiving due to ovulatory issues.
- **Well-Tolerated Treatment:**  
Clomiphene is taken as an oral tablet, offering a convenient, easy-to-use method for stimulating ovulation with minimal discomfort compared to more invasive fertility treatments.

##### Melatonin (3 mg)

- **Improves Sleep Quality:**  
Melatonin regulates the body's **circadian rhythm**, helping individuals fall asleep more easily and promoting deeper, more restful sleep. It can be particularly beneficial for women who experience sleep disturbances related to stress or hormonal changes, which are common during fertility treatment cycles.
- **Supports Hormonal Balance:**  
Consistent, restful sleep plays a critical role in maintaining hormonal health. By improving sleep quality, Melatonin helps ensure that the body's hormones, including those related to ovulation and fertility, remain balanced.
- **Reduces Stress and Anxiety:**  
Melatonin's calming properties can reduce the symptoms of **stress** and **anxiety**, both of which can negatively affect sleep quality and fertility. A restful sleep environment aids in lowering cortisol (stress hormone) levels, creating a more favorable hormonal environment for conception.

- **Natural Sleep Aid:**  
As a naturally occurring hormone, Melatonin offers a **gentle, non-habit-forming** solution for sleep difficulties, without the risk of dependence associated with some sleep medications.
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## How It Works

- **Clomiphene Citrate** stimulates the release of hormones that encourage the ovaries to produce and release eggs. This improves ovulation in women who may not ovulate on their own, addressing one of the most common causes of female infertility.
- **Melatonin** helps regulate the body's sleep-wake cycle, promoting restful and restorative sleep. Improved sleep quality is crucial for women undergoing fertility treatments, as it supports optimal hormonal function, stress reduction, and overall health.

The combination of these two active ingredients provides a dual-action approach for women struggling with both ovulation problems and sleep disorders, addressing two key factors that influence fertility.

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## Suggested Use

- **Dosage:**  
Take **one tablet per day**, preferably at **bedtime**, or as directed by your healthcare provider. **Clomiphene** should typically be taken on specific days of your menstrual cycle (usually starting on day 5 for 5 days), while **Melatonin** can be taken at any time before bed.
- **For Ovulation Induction:**  
Clomiphene treatment often lasts for **5 days** starting from the **5th day** of the menstrual cycle. Adjustments to dosage may be made depending on individual response, as directed by your doctor.
- **For Sleep Support:**  
Melatonin is usually taken **30 to 60 minutes**

**before bedtime** to help regulate the body's internal clock and promote restful sleep.

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## Storage

- Store the tablets in a **cool, dry place**, away from moisture and direct sunlight.
  - Keep the tablets out of reach of children.
  - Ensure the product is stored at room temperature.
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## Precautions

- **Consult your doctor** before starting this medication if you are pregnant, planning to become pregnant, or breastfeeding.
  - Women with **liver disorders, endometriosis**, or a **history of ovarian cysts** should use Clomiphene under close medical supervision.
  - **Melatonin** should be used with caution if you have **sleep apnea** or other sleep disorders.
  - Both Clomiphene and Melatonin may cause mild side effects like nausea, headaches, dizziness, or fatigue. If any of these effects persist or worsen, contact your doctor.
  - Avoid consuming **alcohol** or other sedatives while taking Melatonin to prevent excessive drowsiness or sedation.
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## Possible Side Effects

- **Clomiphene (50 mg):**  
Hot flashes, mood swings, headaches, nausea, bloating, and visual disturbances (e.g., blurriness). Rarely, Clomiphene can cause ovarian cysts or affect the cervical mucus.
  - **Melatonin (3 mg):**  
Drowsiness, dizziness, daytime fatigue, or headaches. These effects are usually mild and diminish once the body adjusts to the supplement.
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## Disclaimer

This product is a prescription medication and should only be used under the guidance of a healthcare provider. It is not intended to diagnose, treat, cure, or prevent any disease. Always consult with your healthcare provider before starting or modifying your treatment regimen. Individual results may vary.

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### Clomiphene (50 mg) + Melatonin (3 mg) Tablet — A Powerful Combination for Fertility and Sleep Wellness

Manufactured in India for:



**Cafoli Lifecare Pvt. Ltd.**

**(An ISO 9001: 2015 Certified Co.)**

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