

# Ezendiol H Tablet

## INFORMATION FOR THE USE

### Ezendiol H Tablets

### Estradiol Hemihydrate I.P. 2mg Tablets

## Description:

Ezendiol H is a synthetic form of the naturally occurring estrogen, Estradiol. It is used for hormone replacement therapy (HRT) in women to manage symptoms associated with estrogen deficiency, particularly during menopause. The tablet formulation provides a controlled release of Estradiol to help relieve menopausal symptoms, such as hot flashes, night sweats, vaginal dryness, and mood changes, thereby improving the quality of life in postmenopausal women.

## Composition:

*(Each tablet contains)*

- **Estradiol Hemihydrate I.P.:** 2mg

## Indications:

Ezendiol H is indicated for:

1. **Menopausal Symptoms:** Alleviates hot flashes, vaginal dryness, and mood changes associated with menopause.
2. **Hormone Replacement Therapy (HRT):** Used for long-term treatment of menopause-related symptoms and prevention of osteoporosis in postmenopausal women.
3. **Postmenopausal Osteoporosis:** Reduces the risk of fractures by maintaining bone density.
4. **Premature Menopause:** Used to restore estrogen levels in women who experience early menopause.

## Mechanism of Action:

- **Estradiol Hemihydrate:** The active ingredient, Estradiol, is a potent estrogen that helps to normalize estrogen levels in the body. It binds to estrogen receptors in various tissues, including the uterus, bones, and the brain, helping to reduce menopausal symptoms, maintain bone mass, and support cognitive function.

## Dosage and Administration:

- **Adults (Postmenopausal Women):** 1 tablet (2mg) once daily, preferably at the same time each day.
- **Administration:** Oral use with or without food.

- Follow the physician's directions on the exact dosage, as this may vary based on the individual's needs.

### Side Effects:

- **Common:** Headache, breast tenderness, nausea, fluid retention, bloating, mood swings.
- **Less Common:** Weight changes, dizziness, abdominal cramps.
- **Serious:** Unexplained vaginal bleeding, chest pain, severe headaches, sudden vision changes (possible signs of blood clots).

### Precautions:

1. **Estrogen Sensitivity:** Avoid in patients with a history of breast cancer, estrogen-sensitive tumors, or uterine cancer.
2. **Cardiovascular Risk:** Use cautiously in patients with a history of heart disease, stroke, or blood clots.
3. **Pregnancy and Lactation:** Contraindicated in pregnancy and breastfeeding.
4. **Liver Disease:** Caution in patients with hepatic impairment or history of liver disease.
5. **Smoking:** Smoking may increase the risk of thrombotic events when using estrogen therapy.
6. **Monitoring:** Regular monitoring is required for blood pressure, lipid levels, and endometrial thickness in long-term use.

### Storage:

- Store in a cool, dry place at room temperature (15-30°C).
- Keep out of reach of children.
- Protect from light and moisture.

Manufactured in India for:



**Cafoli Lifecare Pvt. Ltd.**

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

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