

Nafroxyle tablet

**Taurine (500mg) + Acetylcysteine (150mg)
Tablet**

**Category: Antioxidant, Amino Acid
Supplement**

Dosage Form: Oral Tablet

Description:

The combination of Taurine (500mg) and Acetylcysteine (150mg) in a single tablet offers a synergistic approach to supporting various bodily functions, including antioxidant protection, liver health, and respiratory support.

- Taurine is a sulfur-containing amino acid that plays a key role in many physiological processes, such as bile salt formation, calcium regulation, cell membrane stability, and the modulation of neurotransmitters. It is essential for maintaining cellular integrity and function, especially in tissues like the brain, heart, and eyes.
- Acetylcysteine is a precursor to glutathione, one of the body's most important antioxidants. It is widely known for its role in detoxification, particularly in the liver, and helps protect cells from oxidative damage caused by free radicals. Acetylcysteine is also used for its mucolytic properties to thin and loosen mucus in the airways.

Together, these two compounds work to enhance the body's antioxidant defense system and support liver function, and may

also provide benefits in detoxification, lung health, and general well-being.

Composition (Per Tablet):

- Taurine (500mg)
 - Acetylcysteine (150mg)
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Indications:

This combination tablet is indicated for:

1. **Liver Health: Supports** detoxification processes and enhances the liver's ability to process and eliminate toxins.
 2. **Antioxidant Protection: Protects** cells from oxidative damage due to free radicals and supports overall cellular health.
 3. **Respiratory Support: Helps in** thinning and loosening mucus in conditions like chronic bronchitis and other respiratory illnesses.
 4. **General Well-Being: Promotes** metabolic balance, cellular integrity, and supports cardiovascular and nervous system health.
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Dosage and Administration:

- **Recommended Dose: One tablet** daily, or as directed by a healthcare professional.
 - Take orally, with or without food.

- **Administration:**
 - Swallow the tablet whole with water.
 - Do not crush or chew the tablet.
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Mechanism of Action:

1. **Taurine (500mg):**
 - **Cell Membrane Stability:** Taurine plays a critical role in the regulation of calcium within cells, which is essential for maintaining cellular integrity and function. It also helps stabilize cell membranes and supports the function of muscle and nerve cells.
 - **Neurotransmitter Regulation:** Taurine modulates the action of neurotransmitters and has been shown to help in the management of conditions like epilepsy and anxiety.
 - **Bile Salt Formation:** Taurine is involved in the synthesis of bile acids, which are necessary for digesting fat and absorbing fat-soluble vitamins.
2. **Acetylcysteine (150mg):**
 - **Glutathione Precursor:** Acetylcysteine is a precursor to glutathione, a powerful antioxidant that helps neutralize reactive oxygen species (ROS) and other free radicals in the body.
 - **Mucolytic Action:** Acetylcysteine breaks down the chemical bonds in mucus, making it easier to expel, and is thus beneficial for individuals with respiratory

conditions such as chronic obstructive pulmonary disease (COPD) or bronchitis.

- **Liver Detoxification:** By increasing glutathione levels, acetylcysteine helps the liver detoxify harmful substances, protect liver cells from damage, and support overall liver health.

Contraindications:

- **Hypersensitivity to Taurine, Acetylcysteine, or any of the excipients in the tablet.**
 - **Severe respiratory or liver conditions:** Patients with severe respiratory or liver diseases should consult their doctor before taking this product.
 - **Pregnancy and Breastfeeding:** The safety of this combination in pregnant or breastfeeding women has not been established, so consult a healthcare provider before use.
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Warnings and Precautions:

1. **Allergic Reactions:** Rarely, allergic reactions such as rash, itching, or swelling may occur. Discontinue use and seek medical attention if any such symptoms arise.
2. **Gastrointestinal Effects:** Some individuals may experience mild gastrointestinal discomfort, including nausea or stomach upset.
3. **Pregnancy and Breastfeeding:** Consult with a healthcare provider before use during pregnancy or

breastfeeding to ensure safety for both mother and child.

4. Interactions with Medications:

Patients taking blood thinners or medications for asthma, COPD, or liver disorders should consult their doctor to prevent potential interactions.

Adverse Effects:

Common Side Effects:

- Nausea or stomach upset.
- Diarrhea (in some individuals).
- Dizziness or lightheadedness.

Serious Side Effects:

- Allergic reactions, including difficulty breathing, swelling of the face, lips, or throat (rare).
- Severe gastrointestinal symptoms like persistent abdominal pain or vomiting.

Drug Interactions:

- N-acetylcysteine may interact with medications that affect liver function, such as paracetamol (acetaminophen), and may alter its metabolism.
- Caution is required when used with nitroglycerin or isosorbide mononitrate as acetylcysteine may enhance their effects.
- **Antioxidant supplementation: If taking other antioxidant supplements, ensure that the total dose of antioxidants remains within**

recommended limits to avoid excess antioxidant load.

Storage Instructions:

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

Key Points:

- Taurine (500mg) + Acetylcysteine (150mg) combines the antioxidant properties of both compounds to support liver health, cellular function, and respiratory health.
- The combination is beneficial in detoxification, mucus clearance, and supporting overall metabolic balance.
- It may help prevent oxidative damage, promote glutathione production, and provide protection against cellular damage.

Consult your healthcare provider before starting any new supplementation regimen to ensure it is appropriate for your specific health needs.

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

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