

Nimoplit Cold N Flu Tablet

Nimesulide (100mg) + Phenylephrine (10mg) + Cetirizine (5mg) + Caffeine (30mg) Tablet

- **Cetirizine: 5mg**
- **Caffeine: 30mg**

Description

Nimesulide (100mg) + Phenylephrine (10mg) + Cetirizine (5mg) + Caffeine (30mg) is a combination tablet that offers effective relief from pain, nasal congestion, allergies, and associated symptoms such as headaches and fatigue. It combines four active ingredients, each targeting specific symptoms to provide comprehensive management of conditions like cold, flu, sinusitis, or allergic rhinitis.

- **Nimesulide (100mg):** A non-steroidal anti-inflammatory drug (NSAID) that helps reduce pain, inflammation, and fever.
- **Phenylephrine (10mg):** A sympathomimetic drug used as a decongestant to relieve nasal congestion and sinus pressure.
- **Cetirizine (5mg):** An antihistamine that helps reduce symptoms of allergies such as sneezing, runny nose, itching, and watery eyes.
- **Caffeine (30mg):** A stimulant that enhances the effectiveness of pain relief, improves alertness, and reduces fatigue associated with cold or allergic reactions.

Composition (per tablet)

- **Nimesulide: 100mg**
- **Phenylephrine: 10mg**

Mechanism of Action

- **Nimesulide:** Reduces inflammation and pain by inhibiting the COX enzymes (COX-1 and COX-2), which are involved in the production of prostaglandins (pain-causing chemicals).
- **Phenylephrine:** Acts as a nasal decongestant by constricting the blood vessels in the nasal passages, thereby reducing swelling and congestion.
- **Cetirizine:** Works by blocking histamine receptors, preventing histamine from causing allergy symptoms such as itching, sneezing, and runny nose.
- **Caffeine:** Enhances the analgesic effects of painkillers like nimesulide and helps reduce fatigue by stimulating the central nervous system.

Indications

This combination tablet is commonly used for:

- **Cold and Flu Symptoms:** Provides relief from fever, nasal congestion, headache, and general discomfort caused by colds or flu.
- **Sinusitis:** Reduces sinus pressure, pain, and congestion associated with sinus infections.

- **Allergic Rhinitis:** Manages symptoms such as sneezing, runny nose, and itching caused by seasonal or environmental allergies.
- **Headaches and Migraines:** Relieves headache symptoms, especially those associated with cold or sinus pressure.
- **Fever:** Reduces fever caused by infections, colds, or other underlying conditions.

- **Severe Liver or Kidney Disease:** Contraindicated in patients with severe liver or kidney impairment.
- **Hypertension:** Phenylephrine can increase blood pressure, so this medication should be avoided in patients with uncontrolled hypertension or other cardiovascular conditions.
- **Pregnancy and Lactation:** Not recommended during pregnancy, particularly during the first trimester, and should be avoided during breastfeeding unless specifically prescribed by a healthcare provider.
- **Glaucoma:** Should not be used in individuals with glaucoma due to the caffeine and phenylephrine content.

Dosage and Administration

- **Recommended Dose:**
 - Take one tablet once or twice daily as needed, or as directed by your healthcare provider.
 - Do not exceed two tablets within 24 hours.
- **Administration:**
 - Swallow the tablet whole with a glass of water.
 - It is advisable to take the tablet with or after food to reduce the risk of stomach upset.

Warnings and Precautions

- **Liver Function:** Use caution in patients with mild to moderate liver disease. Prolonged use of nimesulide may worsen liver function.
- **Kidney Function:** Caution should be exercised in patients with kidney impairment, as nimesulide may affect renal function.
- **Cardiovascular Conditions:** Use with caution in individuals with high blood pressure, heart disease, or other cardiovascular conditions due to the decongestant effects of phenylephrine.
- **Prolonged Use:** Avoid prolonged use of this medication without consulting a healthcare provider, as long-term use of nimesulide may lead to gastrointestinal issues or kidney damage.

Contraindications

This combination tablet should not be used in the following cases:

- **Hypersensitivity:** Contraindicated in individuals with a known allergy to any of the ingredients, including nimesulide, phenylephrine, cetirizine, or caffeine.
- **Gastrointestinal Disorders:** Not recommended for patients with a history of peptic ulcers, gastrointestinal bleeding, or severe gastrointestinal conditions.

of medications like warfarin,
increasing the risk of bleeding.

Adverse Effects

Common side effects may include:

- **Gastrointestinal:** Nausea, stomach pain, or indigestion.
- **Central Nervous System:** Headache, dizziness, restlessness, or sleep disturbances (due to caffeine).
- **Cardiovascular:** Increased blood pressure, palpitations, or irregular heartbeat (due to phenylephrine).

Serious side effects (rare) include:

- **Severe Allergic Reactions:** Difficulty breathing, swelling of the face, lips, tongue, or throat.
- **Gastrointestinal Bleeding:** Symptoms such as black, tarry stools or vomiting blood.
- **Liver Damage:** Jaundice, persistent fatigue, or unexplained abdominal pain.

Drug Interactions

- **Other NSAIDs:** Use with caution when combined with other NSAIDs like ibuprofen or aspirin, as this increases the risk of gastrointestinal bleeding.
- **Antihypertensive Drugs:** Phenylephrine may reduce the effectiveness of blood pressure medications.
- **Alcohol:** Alcohol can increase the risk of liver damage, especially when combined with nimesulide.
- **Anticoagulants:** This combination can enhance the blood-thinning effect

Storage

- Store in a cool, dry place at room temperature (15°C to 25°C).
- Keep the tablets tightly closed in the original packaging to protect from moisture.
- Keep out of reach of children.

Key Points

- Nimesulide (100mg) + Phenylephrine (10mg) + Cetirizine (5mg) + Caffeine (30mg) is an effective combination tablet for relieving cold, flu, sinusitis, and allergy symptoms.
- It provides pain relief, reduces nasal congestion, and addresses allergy symptoms like sneezing and itching.

Note: If you experience any unusual or severe side effects, stop taking the medication and seek immediate medical attention.

Manufactured in India for:

CafoliTM
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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