

Caffeine (30mg) + Diphenhydramine (25mg) + Paracetamol (500mg) + Phenylephrine (5mg)

# Coldstave Tablet

**Caffeine (30 mg) + Diphenhydramine (25 mg) +  
Paracetamol (500 mg) + Phenylephrine (5 mg) Tablet**

## Description

This combination tablet is formulated for the symptomatic relief of cold, flu, and sinus-related discomfort. It addresses multiple symptoms including fever, headache, body aches, nasal congestion, and drowsiness. The inclusion of caffeine enhances alertness while counteracting drowsiness from diphenhydramine.

## Composition

Each tablet contains:

- **Caffeine: 30 mg** (CNS stimulant)
- **Diphenhydramine Hydrochloride: 25 mg** (Antihistamine and sedative)
- **Paracetamol: 500 mg** (Analgesic and antipyretic)
- **Phenylephrine Hydrochloride: 5 mg** (Decongestant)

Excipients: Q.S.

## Pharmacological Action

1. **Caffeine:** A mild central nervous system stimulant that enhances alertness and augments the analgesic effects of paracetamol.
2. **Diphenhydramine:** An H1 receptor antagonist that relieves allergic symptoms like sneezing, runny nose, and watery eyes; also acts as a mild sedative.
3. **Paracetamol:** Reduces fever and alleviates mild to moderate pain such as headaches, body aches, and sore throat.
4. **Phenylephrine Hydrochloride:** Acts as a nasal decongestant by reducing swelling in the nasal passages.

## Indications

This tablet is indicated for the symptomatic relief of:

- Cold and flu symptoms.
- Nasal congestion and sinus pressure.
- Fever, headache, and body aches.
- Runny nose, sneezing, and watery eyes.
- Drowsiness and lethargy caused by cold or flu.

## Dosage and Administration

- **Adults and Children (12 years and above):** 1 tablet every 6-8 hours as needed, or as directed by a physician.
- **Maximum Dose:** Do not exceed 4 tablets in 24 hours.
- Take with a full glass of water.

## Contraindications

- Hypersensitivity to any component of the formulation.
- Severe hypertension or coronary artery disease.
- Use in patients taking monoamine oxidase inhibitors (MAOIs) or within 14 days of discontinuing MAOI therapy.
- Severe liver or kidney impairment.

## Precautions

- Use cautiously in patients with liver or kidney dysfunction, cardiovascular disease, or glaucoma.
- Avoid alcohol and sedatives, as diphenhydramine may enhance drowsiness.
- Avoid other sources of caffeine to prevent overstimulation.
- Do not exceed the recommended dosage to prevent paracetamol toxicity.

- **Consult a physician if symptoms persist for more than 5 days or worsen.**
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## **Adverse Effects**

- **Drowsiness, dizziness, or sedation (due to diphenhydramine).**
- **Nausea, vomiting, or upset stomach.**
- **Nervousness, restlessness, or insomnia (due to caffeine).**
- **Rare allergic reactions like rash, itching, or swelling.**

**Discontinue use and seek medical advice in case of severe adverse reactions.**

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## **Storage Instructions**

- **Store below 30°C in a cool, dry place.**
  - **Protect from light and moisture.**
  - **Keep out of reach of children.**
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## **Presentation**

**Available in strips of 10 tablets.**

**Note: This medication provides symptomatic relief and is not a substitute for treating the underlying cause. Consult a doctor for persistent or worsening symptoms.**

Manufactured in India for:



**Cafoli Lifecare Pvt. Ltd.**

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

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