

Peblegest 300 SR Tablet

Progesterone (Natural Micronized) 300 mg SR Tablet

have periods due to hormonal imbalances.

Generic Name:

Progesterone (Natural Micronized)

Strength:

300 mg

Formulation:

Sustained Release (SR) Tablet

Uses:

Progesterone (Natural Micronized) 300 mg SR tablet is primarily used for the following:

- Hormone Replacement Therapy (HRT):**
 - Progesterone is used to treat **hormonal imbalances** in women, especially in cases where **progesterone deficiency** occurs. It is commonly used during **menopausal hormone therapy** to balance the effects of estrogen and prevent endometrial hyperplasia (thickening of the uterine lining).
- Supporting Early Pregnancy:**
 - In women with **luteal phase defects** or those undergoing **assisted reproductive technologies (ART)**, such as **in vitro fertilization (IVF)**, progesterone is prescribed to support early pregnancy and prevent miscarriage.
- Amenorrhea:**
 - It is also used in the treatment of **secondary amenorrhea** (absence of menstruation), helping to regulate menstrual cycles in women who do not

Mechanism of Action:

Progesterone is a **naturally occurring hormone** produced by the ovaries. When administered as **micronized progesterone**, it is absorbed more effectively in the body. Progesterone works by **mimicking the action of natural progesterone**, promoting a **favorable environment for pregnancy** and **balancing estrogen** to regulate the menstrual cycle.

- In Menopause:** Progesterone counteracts the effects of **unopposed estrogen**, reducing the risk of endometrial cancer.
 - In Pregnancy Support:** Progesterone maintains the **endometrial lining** and supports embryo implantation by creating a suitable environment in the uterus.
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Dosage:

- Typical Dose for Hormonal Imbalances:**
 - 300 mg**, taken once daily as a **sustained-release tablet**. The dosage and duration of treatment will vary depending on the patient's condition and the doctor's recommendation.
- Typical Dose for Pregnancy Support:**
 - 300 mg to 600 mg**, taken once daily, typically in the evening, to maintain appropriate progesterone levels and support early pregnancy.
- Administration:**
 - Take the tablet **by mouth**, usually at **night** before bedtime to minimize any potential side effects like drowsiness.
 - It is best to **swallow the tablet whole**, without crushing or chewing, as it is

designed to release the medication slowly over time.

Precautions:

- **Pregnancy and Breastfeeding:**
 - Progesterone is generally considered safe during pregnancy, particularly in the **first trimester** when used to support early pregnancy or prevent miscarriage. However, it should only be used under medical supervision.
 - It is not recommended to use progesterone if breastfeeding unless instructed by a healthcare provider.
 - **Liver Conditions:**
 - Use caution in patients with **liver disease** or **hepatic impairment**. Progesterone is metabolized in the liver, and liver function should be monitored periodically.
 - **Cardiovascular Disease:**
 - Progesterone should be used with caution in women with a history of **heart disease, stroke, or blood clots** as hormonal therapies can increase the risk of thrombotic events.
 - **Cancer History:**
 - Progesterone should be used with caution or avoided in women with a **history of breast cancer or endometrial cancer**. Consult a healthcare provider for alternatives or additional screening.
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Side Effects:

- **Common:**
 - Drowsiness or fatigue
 - Headache
 - Breast tenderness
 - Abdominal cramps or bloating
 - Nausea
 - **Less Common:**
 - Mood changes or irritability
 - Weight gain or fluid retention
 - Acne
 - Dizziness or lightheadedness
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- **Serious (Seek Medical Attention):**
 - **Severe allergic reactions** (rash, itching, swelling of the face or throat, difficulty breathing)
 - **Liver problems** (yellowing of the skin or eyes, dark urine, persistent stomach pain)
 - **Blood clot symptoms** (pain, redness, swelling, or warmth in the legs)
 - **Vision changes** (blurred vision or sudden loss of vision)
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Drug Interactions:

- **CYP450 Enzyme Inducers/Inhibitors:**
 - Certain medications that induce or inhibit **CYP450 enzymes** (e.g., carbamazepine, phenytoin, rifampin) may affect the metabolism of progesterone.
 - **Other Hormonal Medications:**
 - Combining progesterone with other hormonal therapies, such as **estrogen**, may increase the risk of side effects or complications, such as **blood clots**.
 - **Anticoagulants:**
 - Progesterone may interfere with **blood-thinning medications**, increasing the risk of clotting complications.
 - **Antifungal Medications:**
 - Some antifungals like **ketoconazole** may increase progesterone levels by affecting liver metabolism.
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Always inform your healthcare provider about all medications you are currently taking, including over-the-counter drugs and supplements.

Storage:

- Store at **room temperature** (20°C to 25°C or 68°F to 77°F).
 - Keep in a **cool, dry place**, away from moisture and light.
 - Keep the medication out of reach of children.
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Note:

- **Sustained Release (SR)** formulation of progesterone allows for slow release over time, helping to maintain steady progesterone levels.
- **Monitoring:** Regular monitoring by a healthcare provider is recommended, particularly for women using progesterone as part of hormone replacement therapy or pregnancy support.
- Progesterone therapy is usually **short-term**, but the duration may vary depending on the clinical situation.
- Always follow the prescribed dosage and seek medical advice if you experience any severe side effects.

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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