

Tolprist Plus Tablet

**Tolperisone (150 mg) + Paracetamol (325 mg)
Tablet**

**3. Fever management in conditions with
associated muscle pain.**

Description:

Tolperisone (150 mg) + Paracetamol (325 mg) tablet is a combination medication designed to provide effective relief from musculoskeletal pain and muscle spasms. The muscle relaxant Tolperisone works by reducing muscle stiffness and spasms, while Paracetamol (Acetaminophen) helps to alleviate pain and reduce fever.

Composition:

Each tablet contains:

- **Tolperisone: 150 mg**
- **Paracetamol: 325 mg**

Indications:

Tolperisone 150 mg + Paracetamol 325 mg tablet is indicated for:

- 1. Musculoskeletal pain and muscle spasms, including:**
 - **Acute back pain**
 - **Muscle strains and sprains**
 - **Fibromyalgia**
 - **Cervical spondylosis and lumbar spondylosis**
- 2. Pain relief associated with conditions like:**
 - **Osteoarthritis**
 - **Rheumatoid arthritis**
 - **Post-surgical pain**
 - **Post-traumatic pain**

Mechanism of Action:

- **Tolperisone:**
Tolperisone is a muscle relaxant that acts centrally, helping to relieve muscle tension and spasms. It works by inhibiting the spinal reflex arcs, reducing the excitability of muscle fibers and promoting relaxation.
- **Paracetamol (Acetaminophen):**
Paracetamol is an analgesic and antipyretic. It works by inhibiting the cyclooxygenase (COX) enzymes, particularly in the brain, which reduces the production of prostaglandins—chemicals responsible for causing pain and fever.

Dosage and Administration:

- **For Adult Patients:**
 - **The typical dosage is one tablet of Tolperisone 150 mg + Paracetamol 325 mg, two to three times a day, or as prescribed by a healthcare provider.**
 - **Do not exceed the recommended daily dose of 4,000 mg of Paracetamol (which is approximately 12 tablets per day).**
- **For Elderly Patients:**
Elderly patients may be more susceptible to the side effects of Paracetamol (such as liver issues) and Tolperisone (such as dizziness or drowsiness). Therefore, dose adjustments may be necessary.
- **Administration:**

- Take the tablet orally, with a full glass of water, after meals to minimize gastrointestinal upset.
- Do not crush or chew the tablet; swallow it whole.

Side Effects:

Common side effects include:

1. Tolperisone-related side effects:

- Dizziness, drowsiness, or lightheadedness
- Headache
- Fatigue or tiredness
- Gastrointestinal symptoms such as nausea or stomach discomfort
- Rash or itching

2. Paracetamol-related side effects:

- Rare but may include allergic reactions such as rash, swelling, or breathing difficulties
- Liver damage (with overdose or prolonged use)
- Gastrointestinal discomfort, such as nausea or stomach pain
- Kidney problems (in rare cases with prolonged use)

Precautions:

- **Liver and Kidney Disease:**
 - Paracetamol should be used cautiously in patients with liver disease or chronic alcoholism, as overdose or prolonged use may cause liver toxicity.
 - Tolperisone may require dose adjustments in patients with renal or hepatic impairment.
- **Gastrointestinal Caution:**
Though generally mild, both medications may cause nausea or stomach irritation. Taking the tablet after food can reduce this risk.
- **Pregnancy and Breastfeeding:**

- **Pregnancy:** This medication should only be used in pregnancy if the potential benefits outweigh the risks, especially in the case of Paracetamol, which is generally considered safe in low doses during pregnancy.
- **Breastfeeding:** Both Tolperisone and Paracetamol pass into breast milk in small amounts. Consult a healthcare provider before using this medication during breastfeeding.
- **Elderly Patients:**
The elderly may be more susceptible to side effects, especially dizziness or gastrointestinal discomfort. Caution should be exercised in this population, and dose adjustments may be required.

Storage:

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

Note: Tolperisone 150 mg + Paracetamol 325 mg tablet is intended for short-term use. Long-term use of Paracetamol should be monitored to prevent liver damage.

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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