

SINAREST AF

Composition:

Each **SINAREST AF Tablet** contains:

Phenylephrine hydrochloride IP	10 mg
Chlorpheniramine maleate IP	2 mg
Caffeine (anhydrous) IP	30 mg

Each 5 ml of **SINAREST AF Syrup** contains:

Phenylephrine hydrochloride IP	5 mg
Chlorpheniramine maleate IP	1 mg
Sodium Citrate IP	60 mg
Menthol IP	1 mg

Each ml of **SINAREST AF Drops** contains:

Phenylephrine hydrochloride IP	2.5 mg
Chlorpheniramine maleate IP	1 mg

Pharmacology:

SINAREST AF contains a clinically proven decongestant Phenylephrine and an antihistamine Chlorpheniramine.

Phenylephrine: Sympathomimetic decongestants reduce the nasal congestion due to increased nasal blood flow associated with colds and influenza. **Phenylephrine** is sympathomimetic vasoconstrictor that has been used as a decongestant. It is a relatively selective alpha-adrenoceptor agonist. The majority of the sympathomimetic action is due to direct stimulation of the adrenoceptors and relatively little is due to an indirect effect via release of noradrenaline. Its pressor action is weaker than that of noradrenaline but of longer duration. At therapeutic doses, it does not cause significant stimulation of the central nervous system.

Chlorpheniramine: Chlorpheniramine in **SINAREST AF** provides prompt relief of itchy-watery eyes, runny nose, sneezing, itching of the nose or throat due to respiratory allergies.

Caffeine in **SINAREST AF Tablets** serves to reduce incidence of sedation due to Chlorpheniramine.

Sodium citrate in **SINAREST AF Syrup** liquefies mucus and helps expectoration whereas **Menthol** has a cooling and soothing effect.

The pharmacokinetics of this combination is well matched and synergetic. All the drugs are well absorbed orally.

Indications: **SINAREST AF** is indicated for:

- Relief of nasal and sinus congestion.
- Relief of allergic symptoms of the nose or throat due to upper respiratory tract allergies.
- Adjunct with antibacterials in sinusitis, tonsillitis and otitis media.

Contraindications:

- Use of **SINAREST AF** is contraindicated in patients with hypersensitivity to any of the ingredients of the formulation.

Precautions:

- In case a hypersensitivity reaction occurs which is rare, **SINAREST AF** should be discontinued.
- **SINAREST AF** should be used with caution in patients with renal or hepatic dysfunction, diabetes mellitus, hyperthyroidism, cardiovascular problems, epilepsy and closed angle glaucoma.
- It is advisable not to drive or operate machinery when on treatment with **SINAREST AF**.

Drug Interactions:

Clinically significant drug interactions may occur on concomitant administration of **SINAREST AF** with monoamine oxidase inhibitors, tricyclic antidepressants, beta-adrenergic agents, methyldopa, reserpine and veratrum alkaloids.

Adverse Reactions:

SINAREST AF is generally well tolerated and adverse events are rare.

Hypersensitive individuals may display ephedrine-like reactions such as tachycardia, palpitations, headache, dizziness and nausea. Use of sympathomimetics has been associated with fear, anxiety, restlessness, tremor, weakness, dysuria, insomnia, hallucinations and convulsions. Chlorpheniramine in **SINAREST AF** may cause sedation.

Dosage & Administration:

The usual recommended dose of **SINAREST AF Tablets** in adults is 1-2 tablets tid or qid.

The usual recommended dose of **SINAREST AF Syrup** in children is as under:

- Under 6 years: 2.5-5 ml tid.
- Above 6 years: 5-10 ml tid.

The usual recommended dose of **SINAREST AF Drops** in infants is as follows:

Age group	Dose	Frequency
1-6 months	0.2 ml	tid or qid.
7-12 months	0.2-0.4 ml	tid or qid.
1-2 years	0.4-0.8 ml	tid or qid.

Presentation:

SINAREST AF Tablet is available in a blister of 10 tablets.

SINAREST AF Syrup is available in bottles of 60 ml and 100 ml with a measuring cup.

SINAREST AF Drops is available in a bottle of 15 ml with a calibrated dropper.