

SINAREST

Composition:

Each **SINAREST Tablet** contains:

Paracetamol IP	500 mg
Phenylephrine hydrochloride IP	10 mg
Chlorpheniramine maleate IP	2 mg
Caffeine (anhydrous) IP	30 mg

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

Paracetamol IP	125 mg
Phenylephrine hydrochloride IP	5 mg
Chlorpheniramine maleate IP	1 mg
Sodium Citrate IP	60 mg
Menthol IP	1 mg

Each ml of **SINAREST Drops** contains:

Paracetamol IP	125 mg
Phenylephrine hydrochloride IP	2.5 mg
Chlorpheniramine maleate IP	1 mg

Pharmacology:

SINAREST contains a clinically proven analgesic-antipyretic Paracetamol with decongestant Phenylephrine and an antihistamine Chlorpheniramine. Paracetamol produces analgesia by elevation of the pain threshold and antipyretic effect through action on the hypothalamic heat-regulating center.

Paracetamol is equal to aspirin in analgesic and antipyretic effectiveness, and it is unlikely to produce many of the side effects associated with aspirin and aspirin-containing products.

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 in **SINAREST** provides prompt relief of itchy-watery eyes, runny nose, sneezing, itching of the nose or throat due to respiratory allergies. **SINAREST** contains, in addition to the above ingredients, a decongestant, Phenylephrine, which is a sympathomimetic amine. It provides prompt relief of nasal and sinus congestion.

Caffeine in **SINAREST Tablets** enhances the analgesic activity of Paracetamol and serves to reduce incidence of sedation due to Chlorpheniramine. The Sodium citrate in **SINAREST 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 is indicated for:

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

Contraindications:

- The use of **SINAREST** is contraindicated in patients with hypersensitivity to any of the ingredients of the formulation.
- **SINAREST** is contraindicated in patients with severe hypertension.

Precautions:

In case a hypersensitivity reaction occurs which is rare, **SINAREST** should be discontinued.

SINAREST contains Paracetamol therefore should not be used in conjunction with other Paracetamol containing products.

SINAREST 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**.

Drug Interactions:

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

Adverse Reactions:

SINAREST 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** may cause sedation.

Dosage & Administration:

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

The usual recommended dose of **SINAREST Syrup** in children is 1-2 teaspoonful (5-10 ml) tid or qid.

The usual recommended dose of **SINAREST 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 Tablet is available in a blister of 10 tablets.

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

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