

SINAREST Tablet/Syrup

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

DESCRIPTION

SINAREST Tablet/Syrup contain a clinically proven analgesic-antipyretic Paracetamol with decongestant Phenylephrine and an antihistamine Chlorpheniramine maleate. 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 Tablet/Syrup** provides prompt relief of itchy-watery eyes, runny nose, sneezing, itching of the nose or throat due to respiratory allergies.

Caffeine in **SINAREST Tablets** enhances the analgesic activity of Paracetamol and serves to reduce incidence of sedation due to Chlorpheniramine maleate.

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

The pharmacokinetics of this combination of **SINAREST Tablet/Syrup** is well matched and synergistic. All the drugs are well absorbed orally.

INDICATIONS

SINAREST Tablet/Syrup 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.

DOSAGE & ADMINISTRATION

Adults: The usual recommended dose is 1-2 tablets tid or qid.

Children: The usual recommended dose is 1-2 teaspoonful (5-10 ml) tid or qid.

CONTRAINDICATIONS

The use of **SINAREST Tablet/Syrup** is contraindicated in patients with:

- Hypersensitivity to any of the ingredients of the formulation.
- Severe hypertension.

PRECAUTIONS

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

SINAREST Tablet/Syrup contains Paracetamol and therefore should not be used in conjunction with other Paracetamol containing products.

SINAREST Tablet/Syrup 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 Tablet/Syrup**.

DRUG INTERACTIONS

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

ADVERSE REACTIONS

SINAREST Tablet/Syrup 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 Tablet/Syrup** may cause sedation.

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.