

# Sinarest<sup>®</sup>

## Vapocap

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### Composition:

Each SINAREST Vapocap contains:

Camphor 25 mg

Chlorothymol 5 mg

Eucalyptol 125 mg

Menthol 65 mg

Terpineol 120 mg

### Pharmacokinetic properties:

Camphor is readily absorbed from all administration sites. It is hydroxylated in the liver to yield hydroxycamphor metabolites which are then conjugated with glucuronic acid and excreted in the urine. Camphor crosses the placenta.

### Mechanism of Action

SINAREST Vapocaps contain aromatic ingredients that SINAREST Vapocaps provide relief from various respiratory ailments.

- Camphor applied externally acts as a rubefacient and mild analgesic. It is also a principal ingredient of many nasal decongestants for inhalation.
- Menthol is chiefly used to relieve symptoms of bronchitis, sinusitis and similar conditions. For this purpose, it may be used as an inhalation or as an ointment with camphor and eucalyptus oil for application to the chest and nostrils.
- Eucalyptus oil has been used as an inhalation often with other volatile substances. Eucalyptol kills bacteria and eases breathing difficulties in people with croup, asthma and bronchitis. It is also used externally for chest congestion, to ease aches and pains, and as a deodorant.
- Terpineol has anti-infective properties.
- Chlorothymol is a multipurpose phenolic antiseptic. It finds special use in symptomatic relief from common cold.

### Other pharmacodynamic properties:

Menthol is a covalent organic compound made synthetically or obtained from peppermint or other mint oils. Menthol's ability to chemically trigger cold-sensitive receptors in the skin is responsible for the well-known cooling sensation that it provokes when inhaled, eaten, or



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applied to the skin. It should be noted that menthol does not cause an actual drop in temperature.

**Indication:**

SINAREST Vapocap is indicated for prompt relief of symptoms of common cold, sinusitis, pharyngitis and other conditions accompanied by congestion of the upper respiratory tract.

**Contraindication:**

The use of SINAREST Vapocap is contraindicated in patients with hypersensitivity to any ingredient of the formulation.

**Drug Interaction:**

**Adverse effects:**

No adverse events have been reported with the use of SINAREST Vapocaps.

**Warnings and Precautions:**

- Direct contact of SINAREST Vapocap with eyes and nostrils is to be strictly avoided.
- In case of exposure to the eyes or nostril, rinse/wash thoroughly with cold water.
- SINAREST Vapocap is not intended for oral administration.
- SINAREST Vapocaps should be never exposed to flame or kept near microwave.

**Use in special population:**

1. **Pediatric:** Use with caution.
2. **Geriatric:** No data available.
3. **Liver impairment:** No data available.
4. **Renal failure:** No data available.
5. **Pregnancy and lactation:** Doctor Consultation is recommended.

**Dosage:**

Recommended dose:

1 capsule 2-3 times a day.

**Presentation:**

SINAREST Vapocaps are available in a pack of 10 Vapocaps.

**Storage and handling:**

Store in cool and dry place.



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