G-COLD TABLETS

COMPOSITION EACH TABLET CONTAINS:

Paracetamol	BP 500mg
Pseudoephedrine Hcl	BP 30mg
Chlorpheniramine Maleate	BP 2mg

EXCIPIENTS

Maize starch, Talc, Povidone, magnesium stereate

INDICATIONS

For symptomatic relief of fever, headache, nasal congestion and rhinitis associated with influenza and common cold.

DOSAGE

Adult : 1 tablet to be taken 3 to 4 times daily.
Not recommended for children below 12 years.

PHARMACOKENETICS

Paracetamol and pseudoephedrine are both absorbed from the gastrointestinal tract. Paracetamol has peak plasma concentrations occurring around 10 to 60 minutes after oral dose. The elimination half-life of paracetamol is about 1 to 3hours. It is metabolise in the liver and excreted in urine mainly as glucuronide and sulfate conjugate. Pseudoephedrine is largely excreted unchanged in urine with a small amount of its hepatic metabolise. Pseudoephedrine has a half-life of about 5 to 8 hours, elimination is enhanced and half-life accordingly shorter in acid urine. Small amounts are distributed into breast milk.

Chlorpheniramine Maleate is absorbed relatively slowly from the gastrointestinal tract. About 70% of chlorpheniramine in circulation is bound to plasma proteins and widely distributed in the body and enters the CNS. Chlorpheniramine maleate is extensively metabolized. Unchanged drug and metabolites are excreted primary in the urine.

PHARMACODYNAMICS

PARACETAMOL has analgesic and antipyretic properties but has very weak anti-inflammatory properties. It is thought to act primarily in the CNS, increasing the pain threshold by inhibiting cyclooxygenase enzyme involved in prostaglandin synthesis. The pyretic properties are likely due to direct effect of the heat – regulating centres of the hypothalamus resulting in peripheral vasodilation, sweating and hence heat dissipation.

PSEUDOEPHEDRINE is sympathomimetic with direct and indirect effects on adrenergic receptors. It is a stereoisomer of ephedrine and has a similar action, but has been stated to have less pressor activity and fewer CNS effects.

CHLORPHENIRAMINE MALEATE is histamine H_1-receptor antagonist leading to effective relief of sneezing, runny nose and other negative symptoms brought by histamine

ADVERSE/ SIDE EFFECTS

Drowsiness may be associated with G-COLD tablet and Overdose of paracetamol may cause liver damage. The common side effects of pseudoephedrine include anxiety, restlessness and insomnia.

CONTRAINDICATIONS

Paracetamol is contraindicated in hypersensitivity, renal and hepatic impairment.

PRECAUTIONS

Consult physician when symptoms persist after 3 to 4 days of G-COLD Tablet administration.

OVERDOSE

In case of overdose the patient should be given symptomatic and supportive treatment.

DRUG INTERACTIONS

Paracetamol can increase hepatic damage in alcoholics. Metoclopramide may accelerate the absorption of paracetamol. Colestyramine reduces the absorption of paracetamol if given within 1 hour of paracetamol.

PREGNANCY AND LACTATION

It should only be taken during pregnancy and lactation when prescribed by physician and the potential benefits and side effect of G-COLD is considered.

PRESENTATION

Strip pack of 50 x 4 tablets

STORAGE

Keep in cool and dry place below 30°C

KEEP OUT OF REACH OF CHILDREN

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MANUFACTURED BY:
GOLDEN TOWER LIMITED
34 MAUSOLEUM STREET, OPPOSITE APRA HOUSE,
NORTH INDUSTRIAL AREA
ACCRA - GHANA