PHENYLPROPANOLAMINE HCl
CHLORPHENAMINE MALEATE
PARACETAMOL

NAFARIN®-A

20 mg / 1 mg / 325 mg per TABLET

NASAL DECONGESTANT / ANTIHISTAMINE / ANALGESIC - ANTIPYRETIC

FORMULATION

Each tablet contains:

Phenylpropanolamine HCl ..... 20 mg
Chlorphenamine maleate ..... 1 mg
Paracetamol ..... 325 mg

PRODUCT DESCRIPTION

Nafarin-A

Three-layered (yellow-blue-yellow), octadomed tablet with 'UAP' insignia on one side and flat, plain, bevel-edged on the other side.

WHAT IS IN THE MEDICINE?

This medicine contains phenylpropanolamine HCl, chlorphenamine maleate and paracetamol.
Phenylpropanolamine HCl, a nasal decongestant, clears obstructed air passages and nasal sinuses due to congestion making breathing easier. It also reduces postnasal drip.
Chlorphenamine maleate, an anti-allergy, relieves symptoms such as runny nose, sneezing, and itchy, watery eyes.
Paracetamol is an effective fever reducer and pain reliever.

STRENGTH OF THE MEDICINE

See Formulation

WHAT IS THIS MEDICINE USED FOR?

This medicine is used for the relief of clogged nose, runny nose, postnasal drip, itchy and watery eyes, sneezing, headache, body aches, and fever associated with the common cold, allergic rhinitis, sinusitis, flu, and other minor respiratory tract infections. It also helps decongest sinus openings and passages.

HOW MUCH AND HOW OFTEN SHOULD YOU USE THIS MEDICINE?

Adults and Children 12 years and older: Orally, 1 tablet every 6 hours, or, as recommended by a doctor.

WHEN SHOULD YOU NOT TAKE THIS MEDICINE?

- If you are allergic to any ingredient in the product
- If you have high blood pressure or severe heart disease unless recommended by a doctor
- If you have anemia, kidney or liver disease unless recommended by a doctor
- If you are pregnant or breastfeeding

UNDESIRABLE EFFECTS

Phenylpropanolamine HCl

- **Psychiatric disorders:** Aggressiveness (particularly in young children), anxiety (feeling of uneasiness), confusion, insomnia/sleep disturbance, nervousness
- **Nervous system disorders:** Agitation, dizziness, restlessness; sudden, persistent, severe headache, tremor (muscle shaking)
- **Eye disorders:** Blurred vision
- **Cardiac disorders:** Chest tightness, palpitation
- **Vascular disorders:** High blood pressure
- **Gastrointestinal disorders:** Nausea
- **General disorders and administration site conditions:** Irritability

Chlorphenamine maleate

Chlorphenamine maleate may cause sleepiness and drowsiness.

- **Psychiatric disorders:** Insomnia/sleeplessness, nervousness
- **Nervous system disorders:** Headache, tremor (muscle shaking)
- **Eye disorders:** Blurred vision, visual disturbance
- **Ear and labyrinth disorders:** Tinnitus (ringing in the ears)
- **Cardiac disorders:** Chest tightness
- **Vascular disorders:** Increased or decreased blood pressure
- **Gastrointestinal disorders:** Constipation, diarrhea, gastrointestinal discomfort, nausea, vomiting
- **Musculoskeletal and connective tissue disorders:** Muscle weakness
- **Renal and urinary disorders:** Difficulty urinating
- **General disorders and administration site conditions:** Dryness of the mouth, nose, and throat; irritability

Paracetamol

Paracetamol, when taken within the recommended dose and duration of treatment, has low incidence of side effects.

- **Blood and lymphatic system disorders:** Changes in the number of white blood cells and platelets such as agranulocytosis (decrease in the number of granulocytes), leukopenia (decrease in the number of leukocytes), neutropenia (decrease in the number of neutrophils), pancytopenia (deficiency of all cellular elements in the blood), thrombocytopenia (decrease in the number of platelets)
- **Immune system disorders:** Allergic reactions which may cause difficulty in breathing, skin rash, angioedema (swelling of the face or throat)
- **Gastrointestinal disorders:** Minor stomach and intestinal disturbances
- **Skin and subcutaneous tissue disorders:** Rare cases of serious skin reactions (i.e., Stevens-Johnson syndrome, toxic epidermal necrolysis and acute generalized exanthematous pustulosis) which may include symptoms such as reddening of the skin, rash, blisters and detachment of the upper surface of the skin have been reported with paracetamol.

WHAT OTHER MEDICINE OR FOOD SHOULD BE AVOIDED WHILE TAKING THIS MEDICINE?

- Do not use this product together with sympathomimetic agents (e.g., epinephrine) and general anesthetics (e.g., halothane) because of the possibility for increased toxicity.
- Concurrent administration with medicines for depression such as monoamine oxidase (MAO) inhibitors (e.g., selegiline, moclobemide) and tricyclic antidepressants (e.g., amitriptyline, imipramine) may result in hypertensive crisis (sudden, severe increase in blood pressure that can lead to stroke).
- Combined use of phenylpropanolamine and caffeine may produce an additive increase in blood pressure. Severe, life threatening, and occasionally fatal hypertensive reactions have been reported.
- Medicines that cause sedation such as anxiolytics (e.g., alprazolam, diazepam) and hypnotics (e.g., zolpidem) may potentiate drowsiness.
- Paracetamol, when used together with warfarin (a blood-thinning medicine), may cause an increase in the International Normalized Ratio (INR), which may serve as a sign of increased risk for bleeding. Paracetamol increases the anticoagulation effect of warfarin.
- Medicines which stimulate the enzymes responsible for the metabolic activation of paracetamol such as medicines for convulsion (e.g., phenobarbital, phenytoin) may increase susceptibility to the harmful effects to the liver.
- The absorption of paracetamol may be accelerated by metoclopramide or domperidone and reduced by cholestyramine.
- Tell your doctor about other medicines you are taking (i.e., other medicines for cough, cold, allergy, pain, or fever, especially other paracetamol-containing products).

WHAT SHOULD YOU DO IF YOU MISS A DOSE?

If you miss a dose, just take the next dose if still needed for the condition being treated, and the subsequent doses at the recommended time or schedule (i.e., every 6 hours).
Do not double the dose.

HOW SHOULD YOU KEEP THIS MEDICINE?

Keep the product out of reach and sight of children.
Store at temperatures not exceeding 30°C.

SIGNS AND SYMPTOMS OF OVERDOSAGE

Phenylpropanolamine HCl

Signs and symptoms of phenylpropanolamine overdosage include tachycardia, arrhythmia (irregular heart beat), high blood pressure, excitation, enlargement of the pupils. Cases of heart attack, stroke, intracranial hemorrhage/cerebral hemorrhage (bleeding from a ruptured blood vessel in the brain), seizures, and death have also been reported.

Chlorphenamine maleate

Overdosage with chlorphenamine maleate has produced extreme sleepiness or prolonged drowsiness, weakness, hallucination, convulsion, agitation, irritability, tachycardia, and coma.

Paracetamol

Overdosage of paracetamol usually involves 4 phases with the following signs and symptoms:

- Eating disorder, nausea, vomiting, malaise, and excessive sweating
- Right upper abdominal pain or tenderness, liver enlargement which may be characterized by abdominal discomfort of "feeling full", elevated bilirubin and liver enzyme concentrations, prolongation of prothrombin time, and occasionally decreased urine output
- Eating disorder, nausea, vomiting, and malaise recur and signs of liver failure (e.g., jaundice) and possibly kidney failure and cardiomyopathy (disorder of the heart muscle) may develop
- Recovery or progression to fatal complete liver failure

WHAT TO DO WHEN YOU HAVE TAKEN MORE THAN THE RECOMMENDED DOSAGE?

If you have taken more than the recommended dosage, consult a doctor or contact a poison control center right away, even if you seem well, because of the risk of delayed, serious liver damage. Quick medical attention is important for adults as well as for children even if you do not notice any signs or symptoms.

CARE THAT SHOULD BE TAKEN WHEN TAKING THIS MEDICINE

- Use with caution in patients with high blood pressure, toxic goiter, benign prostatic hypertrophy, heart rate irregularity, glaucoma, and in those taking antidepressants.
- Patients with heart disease and uncontrolled/untreated high blood pressure should consult a doctor prior to taking phenylpropanolamine.

- **Liver Warning:** This product contains paracetamol. Severe liver damage may occur if:
  - An adult or child 12 years and older takes more than 4 g of paracetamol in 24 hours, which is the maximum daily amount;
  - Taken with other medicines containing paracetamol (or acetaminophen);
  - An adult has 3 or more alcoholic drinks everyday while using this product.
- **Allergy Alert:** Paracetamol may cause severe skin reactions. Symptoms may include:
  - Skin reddening • Blisters • Rash
- If a skin reaction occurs, stop use and seek medical help right away.
- Do not use with any other medicine containing phenylpropanolamine, chlorphenamine or paracetamol (prescription or nonprescription). If you are not sure whether a medicine contains these three active ingredients, ask a doctor.
- May cause drowsiness; patients should observe caution while driving or performing other tasks requiring alertness.
- Ask a doctor before use if you have liver or kidney disease.
- Ask a doctor before use if you are taking warfarin, a blood thinning medicine.
- Do not take more than the recommended dose.
- Do not use after the expiry date on the label.

WHEN SHOULD YOU CONSULT YOUR DOCTOR?

Before taking this medication, tell your doctor if you have:

- High blood pressure or any type of heart problems
- Glaucoma
- Thyroid problems
- Diabetes
- Liver or kidney disease
- An enlarged prostate, bladder problems or difficulty urinating

Stop use and ask a doctor if:

- Fever gets worse or lasts more than 3 days
- New symptoms occur

AVAILABILITY: Blister Pack x20's (Box of 100's)

For suspected adverse drug reaction, seek medical attention immediately and report to the FDA at www.fda.gov.ph AND Unilab at (+632) 858-1000 or productsafety@unilab.com.ph. By reporting undesirable effects, you can help provide more information on the safety of this medicine.

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