



As directed by the Physician.

Manufactured by: Mascot Health Series Pvt. Ltd. At-Plot No. 52, Sec-6A, IIE, Sidcul, Haridwar-249403, Uttarakhand.

# **TELMICON M-50 TAB**

Composition: Telmisartan 40mg + Metoprolol 50mg

# **General Information**

**TELMICON M-50 TAB** is a combination medication containing **Telmisartan**, an angiotensin receptor blocker (ARB), and **Metoprolol**, a beta-blocker. It is specifically designed for the effective management of hypertension (high blood pressure), helping to reduce the risk of cardiovascular complications such as heart attacks, strokes, and kidney damage.

#### Class

- Telmisartan: Angiotensin II Receptor Blocker (ARB)
- Metoprolol: Beta-Blocker

## Indications and Uses

- Treatment of hypertension (high blood pressure)
- Prevention of cardiovascular complications like heart attack and stroke
- Management of heart failure and heart rate control

# **Common and Less Common Side Effects**

## Common Side Effects:

- Dizziness or lightheadedness
- Fatigue
- Nausea
- Slow heart rate

### Less Common Side Effects:

- Low blood pressure (hypotension)
- Swelling of the hands, feet, or ankles
- Shortness of breath
- Sleep disturbances

# **Doses and Administration**

- Administered orally with or without food, usually once daily or as directed by your doctor.
- The dosage is personalized based on the patient's medical condition and response to treatment.

#### Warnings and Precautions

- Avoid abrupt discontinuation of the medication to prevent rebound hypertension or other complications.
- Use with caution in patients with kidney, liver, or heart conditions.
- Regularly monitor blood pressure and heart rate during treatment.

# **Drug Interactions**

- May interact with other blood pressure medications, anti-arrhythmic drugs, or NSAIDs.
- Inform your doctor about all other medications, supplements, or herbal products you are taking.

# Contraindications

- Hypersensitivity to Telmisartan, Metoprolol, or any of the excipients.
- Severe bradycardia or heart block without a pacemaker.

• Patients with severe liver or kidney impairment.

## Dos and Don'ts

### Dos:

- Take the medication as prescribed by your doctor.
- Maintain a healthy diet and exercise routine for optimal results.
- Monitor your blood pressure regularly.

## Don'ts:

- Do not skip doses or stop the medication without consulting your doctor.
- Avoid alcohol, which can exacerbate side effects.
- Refrain from activities requiring alertness if dizziness occurs.

### Before Taking TELMICON M-50 TAB

- Inform your doctor about any pre-existing medical conditions, especially heart, liver, or kidney diseases.
- Notify your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

# **Econ Healthcare's Commitment**

**TELMICON M-50 TAB** is manufactured with the highest quality standards by **Econ Healthcare Pvt Ltd**, ensuring efficacy and safety for patients.

#### **Econ Healthcare Pvt Ltd**

Address: 11, First Floor, Science City Road, Sola, Ahmedabad Phone: +91 635-6666-700 Email: info@econhealthcare.net Website: <u>www.econhealthcare.net</u>

# Disclaimer

This information is for general understanding only and should not replace medical advice. Always take **TELMICON M-50 TAB** as prescribed by your doctor. Do not alter the dose without consulting your healthcare provider.

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