



Rx	<b>Telmisartan &amp; Cilnidipine Tablets</b>				
	<b>Telmicon™-LN 10</b>				
	टेल्मिकोन-एलएन 10 TABLETS				
	10 X 10 Tablets				

**Composition :**  
Each film coated tablet contains :  
Telmisartan IP 40 mg.  
Cilnidipine IP 10 mg.  
Excipients q.s.  
Colour : Titanium Dioxide IP  
**Dosage :** As directed by the Physician.  
**Store in a cool, dry & dark place.**  
**Protect from direct sunlight & moisture.**

Keep the medicine out of reach of children.

**SCHEDULE H PRESCRIPTION DRUG :**  
**CAUTION :** Not to be sold by retail without the prescription of a Registered Medical Practitioner

**DO NOT USE IN PREGNANCY**  
Manufactured by:  
Mascot Health Series Pvt. Ltd.  
At-Plot No. 52, Sec-6A, IIE, Sidcul,  
Haridwar-249403, Uttarakhand.

**Brand Name:** TELMICON-LN 10 MG TAB  
**Active Ingredients:** Telmisartan 40mg + Cilnidipine 10mg  
**Manufactured By:** Econ Healthcare Pvt Ltd  
**Address:** 11, First Floor, Science City Road, Sola, Ahmedabad  
**Phone Number:** +91 635-6666-700  
**Email Address:** info@econhealthcare.net  
**Website:** [www.econhealthcare.net](http://www.econhealthcare.net)

#### General Information About TELMICON-LN 10 MG TAB

TELMICON-LN 10 MG TAB is a combination of two effective antihypertensive agents: **Telmisartan** (40 mg) and **Cilnidipine** (10 mg). Telmisartan is an **angiotensin II receptor blocker** (ARB) that works by relaxing blood vessels, while Cilnidipine is a **calcium channel blocker** that helps lower blood pressure by relaxing the blood vessels and reducing the workload on the heart. This combination of drugs is used to **treat high blood pressure (hypertension)** and to lower the risk of cardiovascular complications such as stroke and heart attack.

#### Class of Drug:

- Telmisartan: Angiotensin II receptor blocker (ARB)
- Cilnidipine: Calcium channel blocker

#### Indications and Uses:

- Treatment of **hypertension** (high blood pressure)
  - Reduces the risk of **stroke, heart attack, and kidney damage**
  - Helps in **improving overall cardiovascular health**
  - **Chronic kidney disease** prevention in patients with hypertension
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#### **Common Side Effects:**

- Dizziness
- Fatigue
- Headache
- Swelling in the lower legs or ankles
- Low blood pressure (hypotension)

#### **Less Common Side Effects:**

- Electrolyte imbalances
  - Nausea
  - Rash
  - Muscle cramps
  - Increased potassium levels in the blood
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#### **Dosing and Administration:**

- The recommended dose is one tablet of TELMICON-LN 10 MG TAB once a day.
  - The tablet should be taken as directed by your healthcare provider, preferably at the same time each day.
  - It is recommended to swallow the tablet whole with a glass of water.
  - Do not crush or chew the tablet.
  - The dosage may be adjusted based on individual patient response.
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#### **Warnings and Precautions:**

- **Monitor blood pressure regularly** to ensure the medication is effectively lowering it.
- **Avoid excessive potassium intake** or potassium supplements unless advised by your doctor.
- **Consult your healthcare provider** if you have any kidney, liver, or heart conditions.
- Use with caution in patients with **dehydration** or **electrolyte imbalances**.

- **Not recommended** for use during **pregnancy** or **breastfeeding** unless specifically prescribed by your doctor.
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#### **Drug Interactions:**

- TELMICON-LN 10 MG TAB may interact with other medications such as **diuretics, other antihypertensive drugs, and NSAIDs.**
  - **Avoid taking other blood pressure medications or potassium supplements** without consulting your doctor.
  - Inform your healthcare provider about all medications you are currently taking.
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#### **Contraindications:**

- **Hypersensitivity** to Telmisartan, Cilnidipine, or any other component of the medication
  - **Severe kidney or liver impairment**
  - **Pregnant or breastfeeding women**
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#### **Dos and Don'ts:**

- **Do** take the medication exactly as prescribed.
  - **Do** monitor your blood pressure regularly.
  - **Do not** take the tablet with grapefruit or grapefruit juice.
  - **Do not** discontinue the medication without your doctor's consent.
  - **Do not** consume alcohol excessively while using this medication.
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#### **Before Taking TELMICON-LN 10 MG TAB:**

- **Consult your doctor** if you have a history of heart disease, kidney disease, or liver problems.
  - **Inform your doctor** if you are pregnant, planning to become pregnant, or breastfeeding.
  - **Disclose** all other medications you are currently taking, including over-the-counter medicines and herbal supplements.
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#### **Disclaimer:**

This product information is for **general informational purposes** only and should not replace medical advice. Always follow the guidance of your doctor regarding dosage, administration, and any other concerns about your health. Do not change the prescribed dose without consulting your healthcare provider.

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