

# Vertina® Plus

Meclizine Hydrochloride USP 25 mg &  
Pyridoxine Hydrochloride BP 50 mg

## COMPOSITION

**Vertina® Plus** tablet: Each film coated tablet contains Meclizine Hydrochloride USP 25 mg and Pyridoxine Hydrochloride BP 50 mg.

## PHARMACOLOGY

Meclizine Hydrochloride is a piperazine-derivative antihistamine that is used as an antiemetic. It has antiemetic, anticholinergic and antihistaminic properties. It exhibits its action by an effect on CNS, possibly by its ability to block muscarinic receptors in the brain. It has marked effects in blocking the vasodepressor response to histamine, but only a slight blocking action against acetylcholine. It reduces the sensitivity of the labyrinthine apparatus. The site and mechanism of action of Meclizine Hydrochloride in controlling vertigo from various conditions have not been clearly defined. Pyridoxine Hydrochloride (Vit-B<sub>6</sub>), either alone or in combination has been used to prevent nausea and vomiting due to its antiemetic properties.

## INDICATIONS

For prophylaxis and symptomatic relief of nausea, vomiting, dizziness, motion sickness, radiation sickness and vertigo associated with diseases of vestibular system (e.g. Meniere's syndrome, labyrinthitis and other vestibular disturbances) and morning sickness during pregnancy.

## DOSAGE AND ADMINISTRATION

The fixed-dose combination is recommended for oral administration. Nausea & vomiting (including morning sickness in pregnancy): One tablet 1-2 times daily or as directed by physician.

Motion sickness: The initial dose is one or two tablets daily; it should be taken one hour prior to journey for protection against motion sickness. Therefore, the dose may be repeated every 24 hours as indicated for the duration of journey.

Vertigo: One tablet two times daily or as directed by physician.

Labyrinthine and vestibular disturbances: The optimal dose of Meclizine Hydrochloride is usually 25 to 100 mg daily in divided doses, depending on the clinical response.

Radiation sickness: 50 mg (Meclizine Hydrochloride) administered 2 to 12 hours prior to radiation treatment. Pyridoxine (vitamin B<sub>6</sub>) has been shown to be safe and effective in dosages of 50 to 200 mg per day.

## SIDE-EFFECTS

Drowsiness, dry mouth, urinary retention or rare occasions, blurred vision have been reported. Sensory neuropathy reported with high dosage of Pyridoxine Hydrochloride given for extended periods.

## PRECAUTIONS

Due to its potential anticholinergic action, patients with asthma, bronchitis, emphysema, enlarged prostate, glaucoma or urinary tract blockade should take Meclizine Hydrochloride (like other antiemetics) with caution.

## PREGNANCY AND LACTATION

Meclizine Hydrochloride: Pregnancy category B. Large-scale human studies have not demonstrated adverse fetal effects. It has been suggested that, based on available data, Meclizine Hydrochloride presents the lowest risk of teratogenicity and is the drug of first choice in treating nausea and vomiting during pregnancy.

Pyridoxine Hydrochloride: Pregnancy category A. Pyridoxine Hydrochloride itself is considered safe during pregnancy and has been used in pregnant women without any evidence of fetal harm.

Although Meclizine Hydrochloride may excrete into breast milk, it causes no harm in nursing babies.

## CONTRAINDICATIONS

The fixed-dose combination is contraindicated in individuals who have shown a previous hypersensitivity to these ingredients.

## DRUG INTERACTIONS

There may be increased CNS depression when Meclizine Hydrochloride and Pyridoxine Hydrochloride is administered concurrently with other CNS depressants, including benzodiazepines, barbiturates, tricyclic antidepressants, opiate agonists, skeletal muscle relaxants, antihistamines, alcohol & tranquilizers. Meclizine Hydrochloride can increase the absorption of digoxin by decreasing gastrointestinal motility. MAO inhibitors may prolong and intensify the anticholinergic effects of Meclizine Hydrochloride.

## OVERDOSAGE

Symptoms: Extreme excitability, seizure, drowsiness, temporary nerve damage & hallucination.

Treatment: Appropriate supportive and symptomatic treatment. Dialysis may be a treatment option also.

## STORAGE

Store below 30°C, away from light & moisture. Keep out of the reach and sight of children.

## HOW SUPPLIED

**Vertina® Plus** tablet: Each box contains 50 film coated tablets in blister pack.

Manufactured by



**SQUARE**

**PHARMACEUTICALS LTD.**  
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