

**Brand Name: TEMISTA-CH TABLET**

**Composition:** Telmisartan & Chlorthalidone Tablet

**Dosage Form:** TABLET

**Category:** Antihypertensive – ARB & Thiazide-like Diuretic Combination

**Packaging Type:** Alu-Alu

**Packaging:** 15 tablets per strip × 10 strips per box (10 x 15)

**Brief Product Introduction:**

TEMISTA-CH is a bilayer antihypertensive tablet manufactured by **AstraEureka Pharmaceutical**, a reliable **manufacturer of composition-based cardiovascular medications**. It combines **Telmisartan 40 mg**, an angiotensin II receptor blocker (ARB), and **Chlorthalidone 12.5 mg**, a thiazide-like diuretic. This fixed-dose combination offers dual antihypertensive action—Telmisartan reduces vasoconstriction and aldosterone-mediated volume expansion, while Chlorthalidone promotes sodium and fluid excretion. TEMISTA-CH is indicated for the treatment of essential hypertension, especially in patients inadequately controlled on monotherapy. The bilayer tablet ensures optimal pharmacokinetic performance and consistent blood pressure control over 24 hours. It also contributes to cardiovascular risk reduction, renal protection in hypertensive diabetics, and long-term target organ damage prevention.

**Composition:**

**Each uncoated bilayer tablet contains:**

Telmisartan IP.....	40 mg
Chlorthalidone IP.....	12.5 mg
Excipients.....	q.s.

**Key Ingredients:**

- **Telmisartan 40 mg:** ARB that blocks angiotensin II receptors to relax blood vessels
- **Chlorthalidone 12.5 mg:** Thiazide-like diuretic that reduces blood volume through natriuresis

**Key Benefits:**

1. Dual antihypertensive mechanism for effective blood pressure control
2. Long-acting 24-hour control with single daily dose
3. Reduces cardiovascular risk and improves arterial compliance
4. Helps protect kidneys in hypertensive diabetic patients
5. Minimizes chances of nocturnal hypertension
6. Convenient bilayer tablet for optimized release

### **Indications:**

1. Essential hypertension
2. Hypertension not adequately controlled with monotherapy
3. High-risk patients with coexisting diabetes or renal impairment
4. Cardiovascular risk reduction in hypertensive patients

### **Directions for Use:**

1. Take one tablet daily with or without food
2. Swallow whole with a glass of water
3. Follow the physician's prescribed dosage and schedule strictly

### **Dosage and Administration:**

1. **Adults:** One tablet once daily or as prescribed
2. Dose titration may be necessary based on individual response and clinical condition
3. Regular blood pressure and renal function monitoring recommended

### **Safety Information:**

1. Monitor serum electrolytes and kidney function periodically
2. Caution in patients with severe renal or hepatic impairment
3. Avoid potassium supplements or potassium-sparing diuretics
4. Not recommended during pregnancy or breastfeeding
5. Use with caution in patients with history of gout or electrolyte imbalance

### **Mechanism of Action:**

- **Telmisartan** selectively blocks angiotensin II receptors (AT1 subtype), preventing vasoconstriction and aldosterone secretion, resulting in reduced peripheral resistance and blood pressure
- **Chlorthalidone** inhibits sodium and chloride reabsorption in the distal convoluted tubule, increasing diuresis and reducing plasma volume, which contributes to blood pressure lowering
- The combination provides additive antihypertensive effects with improved efficacy over monotherapy

### **Contraindications:**

1. Hypersensitivity to Telmisartan, Chlorthalidone, or any excipient
2. Anuria or severe renal impairment
3. Pregnancy and lactation

4. Hyperkalemia or severe electrolyte imbalance
5. Concomitant use with aliskiren in diabetic patients

**Side Effects:**

1. Dizziness, hypotension, fatigue
2. Increased urination, muscle cramps, electrolyte imbalance
3. Headache, back pain
4. Rare: Elevated creatinine, hyperuricemia, or skin rash

**Important Notice:**

- This is a **prescription-only medication** and should be used under the supervision of a qualified physician.
- Blood pressure should be monitored regularly.
- Do not stop medication abruptly without medical guidance.

**Storage Condition:**

1. Store below 25°C in a cool, dry place
2. Protect from direct sunlight and moisture
3. Keep in original alu-alu packaging until use

**Packing Information:**

- **Packaging:** 15 tablets per alu-alu strip × 10 strips per box
- **Net Quantity:** 150 tablets per box