

PRESCRIBING INFORMATION

# Exalyn<sup>®</sup> Syrup

(Aminophylline BP 32mg+Diphenhydramine HCl BP 8mg+  
Ammonium Chloride BP 30mg in 5ml Syrup)

## Composition:

### Each 5ml contains:

Aminophylline BP .....32mg  
Diphenhydramine HCl BP....8mg  
Ammonium Chloride BP.....30mg  
Mfg.Specs. Brookes

## Pharmacology:

**Aminophylline:** It is a complex of theophylline with ethylenediamine. It relaxes the bronchial smooth muscles. Peak serum theophylline concentration occurs 1 to 2 hours after oral ingestion. It is approximately 40 % bound to plasma proteins. It is metabolized in the liver and metabolites are excreted in the urine. The serum half-life in healthy, non smoking asthmatic adult is 6 to 12 hours. It crosses the placenta. It also enters the breast milk.

**Diphenhydramine:** It is Histamine H-1 receptor antagonist. Peak plasma concentrations are achieved about 1 to 4 hours after oral administration. It is widely distributed throughout the body including the CNS. It crosses the placenta and has been detected in breast milk. It is highly bound to plasma proteins. Metabolism is extensive. Diphenhydramine is excreted mainly in the urine as metabolites, little is excreted as unchanged drug.

**Ammonium Chloride:** Ammonium Chloride is used as an expectorant in productive cough. It is absorbed from the gastro intestinal tract.

## Indications:

Exalyn is indicated in the symptomatic treatment of productive and unproductive cough. Coughs like asthmatic cough, smokers cough, cough due to bronchitis and other respiratory diseases.

## Dosage:

<b>Adults:</b> (above 12 years)	1-2 teaspoonsful every 4-6 hours.
<b>Children:</b> (7 - 12 years)	1/2 - 1 teaspoonful every 4-6 hours.
(2 - 6 years)	1/4 - 1/2 teaspoon every 4-6 hours.

If required an additional extra dose may be taken after the first 2 hours.  
Average duration of treatment as per treating physician advice.

## Contra-Indications:

History of hypersensitivity to any of the active ingredients.

## Side-Effects:

Generally Exalyn Syrup is very well tolerated and has few side effects.  
The side effects commonly encountered with the aminophylline were Gastrointestinal irritation and stimulation of central nervous system. It may cause nausea, vomiting abdominal pain, diarrhoea, gastrointestinal bleeding, insomnias, headache, anxiety, restlessness, dizziness, hypotension, tremor and palpitation. Sedation varying from slight drowsiness to deep sleep. Ammonium salts are irritant to gastric mucous may produce nausea and vomiting particularly in large dose.

**Precautions & Warnings:**

The Exalyn Syrup may cause drowsiness and may potentiate the effects of sedatives, hypnotics, tranquilizers and alcohol. Patients should be cautioned against operating motor vehicles or machinery while taking Exalyn Syrup. Caution is required in patients with severe cardiac disease, coronary artery disease and congestive heart failure, hypertension, history of peptic ulcer or thyrotoxicosis.

**Storage:**

Store at temperature below 30°C away from light.

**Presentation:**

Exalyn Syrup is available in a 120ml amber color glass bottle.

**brookes**

**Manufactured by:**

Brookes Pharma Private Limited  
58 - 59 Sector 15 Korangi Industrial Area  
Karachi 74900 Pakistan

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