



Let's make them strong!

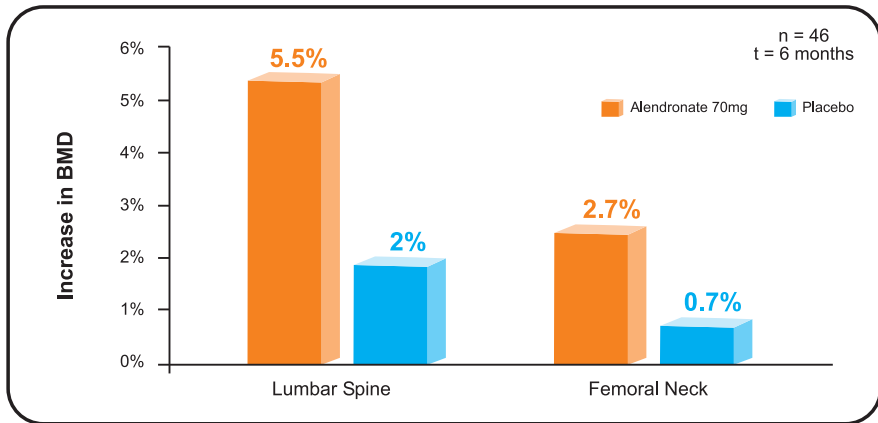
Make their bones strong with

FIRMOFOS

(Alendronate Sodium Tablet 10 & 70mg)

THE MOST ECONOMIC
ALENDRONATE
AVAILABLE IN PAKISTAN

Provides significant increase in Bone Mass Density



Alendronate showed anti-osteoporotic effects by increasing BMD and decreasing the concentrations of bone markers.

J Bone Miner Metab. 2010 May;28(3):328-33

Dosage in Postmenopausal Osteoporosis

Prevention: 5mg once a day OR 35mg once a week
Treatment: 10mg once a day OR 70mg once a week

Cleveland Clinic Journal Of Medicine Volume 68 , Number11 November 2001

Brief Prescribing Informations:

Composition: Each tablet of firmofos contains 70mg & 10mg of Alendronate Sodium. **Pharmacokinetic & Pharmacodynamic Properties:** White in colour and soluble in water belongs to therapeutic class of bisphosphonates which are synthetic analogs of pyrophosphate that bind to the hydroxyapatite found in the bone. It inhibits osteoclastic activity, reduces bone resorption thus increasing bone mineral density. Mainly excreted through urine can be administered in patients with mild to moderate renal insufficiency. **Indications:** Firmofos is indicated in post-menopausal women to prevent vertebral and hip fractures. Paget's disease of bone and corticosteroid induced osteoporosis with low bone mineral density. **Dosage and Administration:** Post Menopausal Osteoporosis: One tablet 70mg once a week or one tablet 10mg once a day at least 30 minutes before breakfast with plenty of water and should remain in upright position for 30 minutes after taking the dose. **Contra-indications:** Not recommended for children, in pregnancy and lactation and in patients with severe renal failure, hypocalcemia, non mobile patients. **Precautions:** Firmofos is to be administered with caution in patients with creatinine clearance > 35 ml/minute, active esophageal disease, dysphagia, duodenitis or ulcers. **Side Effects:** Generally well tolerated when followed instructions regarding administration rarely hypersensitivity reactions such as Urticaria, G.I. side effects like Nausea, Vomiting, Esophagitis, Erosions and Ulcers have been observed very rarely. **Drug Interaction:** No drug interactions of clinical significance are anticipated. **In post menopausal osteoporosis:** Combine use of firmofos and HRT (Hormone replacement therapy) may result in greater increase in bone mass; together with greater decrease in bone turnover, than with either treatment alone. **Presentation:** Firmofos 70mg pack of 1x4's tablets, & Firmofos 10mg pack of 1x10's tablets.



'Medicines For All'



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