



# Diohes®

Diosmin + Hesperidin

**Description:** Diohes®, a micronized purified flavonoid fraction, contains Diosmin and Hesperidin, two flavonoids found in many plants and is widely used to maintain healthy veins, promotes venous flow and supports the circulatory system. Diohes® also acts as an anti-inflammatory and antioxidant.

**Mode of action:** Diosmin is a veinotropic agent and vasculoprotective compound which increases the capillary resistance of blood vessels, increases vein tonicity and decreases capillary permeability. Diosmin has anti-inflammatory activity related to an inhibition of prostaglandin synthesis. Hesperidin decreases microvascular permeability. It may protect endothelial cells from hypoxia by stimulating certain mitochondrial enzymes, such as succinate dehydrogenase. Hesperidin has also hypolipidemic and anti-inflammatory effects.

**Composition:** Diohes® Tablet: Each film-coated tablet contains Diosmin BP 450 mg and Hesperidin INN 50 mg.

**Indications:** Diohes® is recommended for treating venous circulation disorders such as swollen legs, pain and restless legs; treatment of symptoms due to acute and chronic haemorrhoidal attacks.

**Dosage & administration:** Diohes® should be taken at meal time.

*Acute Haemorrhoidal Attacks:* 3 tablets twice daily for 4 days, followed by 2 tablets twice daily for 3 days and 1 tablet twice daily as maintenance dosage.

*Chronic Haemorrhoids:* 1 tablet twice daily for 2 to 3 months.

*Post-haemorrhoidectomy:* 2 tablets three times daily for 3 days, followed by 1 tablet three times daily for 4 days.

*Pregnancy-induced Haemorrhoids:* 3 tablets twice daily for 4 days, followed by 2 tablets twice daily for 3 days.

*Chronic Venous Insufficiency:* 1 tablet twice daily initially for 7 days, the duration may be increased depending on severity.

**Contraindications:** Hypersensitivity to any of the components of this product.

**Side effects:** Some cases of minor gastrointestinal and autonomic disorders have been reported, but these never required cessation of treatment.

**Use in pregnancy & lactation:** *Pregnancy:* Experimental studies in animals have not demonstrated any teratogenic effects and no harmful effects have been reported in man to date.

**Lactation:** In the absence of data concerning the diffusion into breast milk, breast-feeding is not recommended during treatment.

**Precautions:** *Acute haemorrhoidal attack:* If the haemorrhoidal symptoms do not disappear within 15 days, consult your doctor for advice. *Venous circulation disorders:* The most effective way of giving this treatment is in combination with a healthy lifestyle. Avoid exposure to the sun, heat, excessive standing and being overweight. Walking and wearing special support stockings stimulate blood circulation.

**Drug interactions:** If the patient is under any other treatment or needs other treatment, consult with the physician regarding the medicine, where there is any chance of drug interaction.

**Storage:** Store in a cool and dry place, protected from light.

## Packaging

Diohes® Tablet: Each carton contains 10X3 tablets in blister pack.

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