

# The Macho Kit contains Man-Up Max Tablets – TADALAFIL TABLETS 10 mg

## Medicinal Benefits

Man-Up Max Tablet belongs to the group of medicines called phosphodiesterase type 5 (PDE 5) inhibitors. Man-Up Max Tablet is used to treat erectile dysfunction (impotence) and benign prostatic hyperplasia (BPH). Sometimes, Man-Up Max Tablet is also used to treat pulmonary arterial hypertension (high blood pressure in the lungs). Man-Up Max Tablet works by relaxing the blood vessels in the penis; this allows the blood to flow into the penis when the person is sexually excited. Thereby, it helps to treat erectile dysfunction. Man-Up Max Tablet relaxes the bladder and prostate muscles, thereby reducing enlarged prostate symptoms such as difficulty in urination and urgent need to urinate. Man-Up Max Tablet used to treat pulmonary hypertension (high blood pressure in the lungs) by relaxing the blood vessels in the chest. Thereby, increasing the blood supply to the lungs and decreasing the workload of the heart.

## Directions for Use

Tablet/Capsule: Swallow it as a whole with a glass of water as a whole. Do not crush, break or chew the tablet/capsule.

## Storage

Store in a cool and dry place away from sunlight

## Side Effects of Man-Up Max Tablet

- Headache
- Back pain
- Muscle pain
- Pain in legs and arms
- Nasal congestion
- Indigestion
- Facial flushing

## In-Depth Precautions and Warning

### Drug Warnings

Do not take Man-Up Max Tablet if you are allergic to any of its contents; if you are taking nitrates (used to treat angina), riociguat (used to treat pulmonary hypertension) or alpha-blockers; if you have heart problems or stroke, low blood pressure or uncontrolled high blood pressure, if you ever had a loss of vision. Inform your doctor if you have sickle cell anaemia (abnormal red blood cells), multiple myeloma (cancer of bone marrow), leukaemia (blood cell cancer), deformation in the penis, severe kidney or liver problems. Consult your doctor immediately if you experience loss of vision or hearing while taking Man-Up Max Tablet. Man-Up Max Tablet may cause dizziness, so drive with caution. Avoid consuming alcohol as it might cause increased dizziness. Man-Up Max Tablet should not be given to children as safety and effectiveness have not been established.

### Drug Interactions

**Drug-Drug Interactions:** Man-Up Max Tablet may interact with anti-hypertensive (amlodipine, lisinopril, losartan, metoprolol, riociguat), alpha-blockers (tamsulosin), anti-

anginal (nitroglycerin), anti-fungal (ketoconazole, itraconazole), antibiotics (erythromycin, clarithromycin), anti-TB (rifampicin), anticonvulsants (phenobarbital, phenytoin, carbamazepine), anti-HIV (ritonavir).

**Drug-Food Interactions:** No interactions found/established.

**Drug-Disease Interactions:** Inform your doctor if you have cardiovascular/heart disease, renal dysfunction (kidney impairment), pulmonary disease, alcoholism, liver disease, seizure disorder, hearing loss, retinitis pigmentosa (loss of vision) and priapism (prolonged erection of the penis).

Drug-Drug Interactions Checker List:

- AMLODIPINE
- LISINOPRIL
- LOSARTAN
- METOPROLOL
- RIOCIGAUT
- NITROGLYCERIN
- KETOCONAZOLE
- ITRACONAZOLE
- ERYTHROMYCIN
- CLARITHROMYCIN
- RIFAMPICIN
- PHENOBARBITAL
- PHENYTOIN
- CARBAMAZEPINE
- RITONAVIR

### Safety Advice

- ALCOHOL  
**UNSAFE**  
You are advised not to consume alcohol while taking Man-Up Max Tablet as it may cause increased dizziness.
- PREGNANCY  
**UNSAFE**  
Man-Up Max Tablet is not recommended for use in pregnancy.
- BREAST FEEDING  
**UNSAFE**

Man-Up Max Tablet is not recommended for use during breastfeeding.

- **DRIVING**  
**CAUTION**

Man-Up Max Tablet may cause dizziness. Therefore you are advised to drive and operate machinery only if you are alert.

- **LIVER**  
**CAUTION**

Dose adjustment may be needed. Please consult your doctor before taking Man-Up Max Tablet if you have liver impairment/liver disease or any concerns regarding this.

- **KIDNEY**  
**CAUTION**

Dose adjustment may be needed. Please consult your doctor before taking Man-Up Max Tablet if you have kidney impairment/kidney disease or any concerns regarding this.



- **CHILDREN**  
**UNSAFE**

Man-Up Max Tablet should not be given to children as the safety and effectiveness have not been established.

### **Habit Forming**

No

### **Diet & Lifestyle Advise**

#### **Erectile dysfunction:**

- Maintaining a healthy weight, eating a balanced diet, and regular exercising may help you manage erectile dysfunction.
- Avoid alcohol consumption as it may temporarily impair your ability to get an erection.
- Avoid the usage of tobacco.
- Share intimate time with your partner.
- Stay sexually active to prevent further problems with erectile dysfunction.

#### **Benign prostatic hyperplasia (BPH):**

- Avoid foods like sugars, carbonated beverages, tea, citrus fruits, tomatoes, spicy foods, chocolate and tea.
- Limit fluid intake as excess fluid intake could cause an urge to urinate frequently.
- Avoid drinking excess alcohol or caffeinated drinks as they can worsen the symptoms.
- Maintain a healthy weight, and exercise regularly.
- Quit smoking.

- Take 6-8 glasses of liquids every day.
- Avoid processed foods. Instead, choose whole, unprocessed foods.
- Include fruits, vegetables, and fibre-rich food in your diet.

**Special Advise**

- Take Man-Up Max Tablet 30 minutes to 4 hours before sexual intercourse. However, it is best to take it an hour before sexual activity.
- Do not take Man-Up Max Tablet more than once a day. Take Man-Up Max Tablet as prescribed by the doctor.
- Talk to your doctor if the erection persists for greater than four hours.