



H2K ValCard Tablets
Valsartan / Hydrochlorothiazide / Amlodipine

Health 2000 Canada Inc.



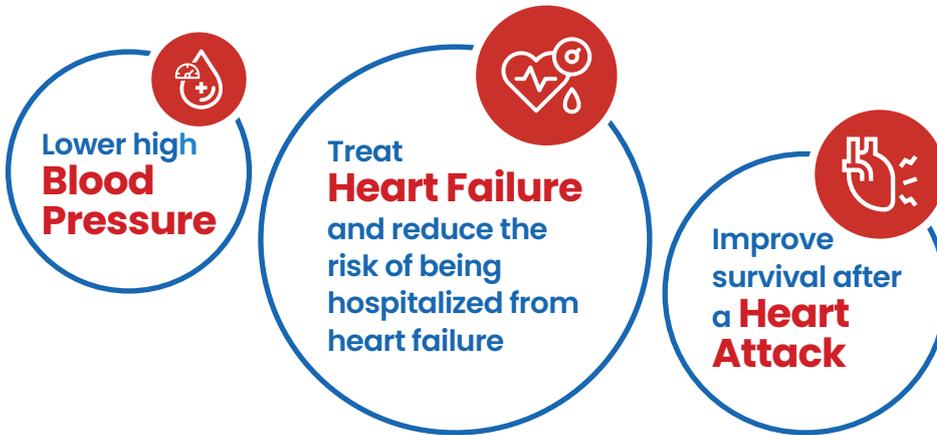
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Valsartan Tablets



Valsartan is used to:



Valsartan is indicated for the treatment of hypertension, lower blood pressure. Lowering blood pressure reduces the risk of fatal and nonfatal cardiovascular events, primarily strokes and myocardial infarctions.

How it works

- Valsartan belongs to a class of drugs called angiotensin II receptor blockers (ARBs). These drugs are often used to treat similar conditions.
- Valsartan works by blocking the effect of angiotensin. This makes the blood vessels to relax more. It also allows the kidney to get rid of extra water and salt. This helps in lowering the blood pressure.

Valsartan side effects

Valsartan oral tablet doesn't cause drowsiness, but it can cause other side effects.

The more common side effects that can occur with valsartan if you're taking it for high blood pressure include:

- **Headache** • **Dizziness** • **Flu-like symptoms**, such as fever and body aches

Serious side effects

Low blood pressure. Symptoms can include: • **Feeling faint** • **Dizziness**

Kidney disease. If you already have kidney disease, this drug could make your kidney function worse. Symptoms of kidney disease can include:

- **Swelling in your Feet, Ankles, or Hands** • **Unexplained weight gain**

Valsartan Tablets



Doses Available

Valsartan Tablets	80mg
Valsartan Tablets	160mg
Valsartan Tablets	320mg



The Pharmaceutical Benefits Advisory Committee (PBAC) recommended valsartan for listing on a cost-minimisation basis—that is, similar efficacy and cost—with irbesartan. The equi-effective doses were taken to be valsartan 320mg and irbesartan 300mg.

The PBAC recommended valsartan with hydrochlorothiazide or amlodipine for listing on a cost-minimisation basis compared with the corresponding strengths of the individual drugs given concomitantly.

If target blood pressure reduction is not achieved with monotherapy, guidelines suggest adding a second drug from a different pharmacological class at a low dose rather than increasing the dose of the first drug. This maximises blood pressure reduction while minimising adverse reactions. Combining valsartan with hydrochlorothiazide or amlodipine achieves significant additional blood pressure reduction. Consider the combination of an angiotensin II-receptor antagonist (e.g. valsartan) with a:

- **Thiazide diuretic**
(e.g. hydrochlorothiazide) for people with hypertension and heart failure
- **Calcium-channel blocker**
(e.g. amlodipine) for people with hypertension and diabetes.

Valsartan / Hydrochlorothiazide Tablets



Valsartan / Hydrochlorothiazide is used to:

This drug is used to treat high blood pressure. Lowering high blood pressure helps prevent strokes, heart attacks, and kidney problems. Valsartan is an angiotensin receptor blocker (ARB) and works by relaxing blood vessels so that blood can flow more easily.

Hydrochlorothiazide is a "water pill" (diuretic) that causes you to make more urine, which helps your body get rid of extra salt and water.

Mechanism of action

Valsartan:

Blocks binding of angiotensin II to type 1 angiotensin II receptors; blocks vasoconstrictor and aldosterone-secreting effects of angiotensin II.

Hydrochlorothiazide:

Thiazide diuretic that inhibits sodium reabsorption in distal renal tubules; results in increased excretion of sodium ions and water, as well as potassium and hydrogen ions.

Valsartan / Hydrochlorothiazide Side Effects:

- | | | | |
|---|---|---|--|
| <ul style="list-style-type: none">• A light-headed feeling, like you might pass out | <ul style="list-style-type: none">• Swelling in your hands or feet, rapid weight gain | <ul style="list-style-type: none">• Eye pain, vision problems | <ul style="list-style-type: none">• An unusual skin rash |
|---|---|---|--|

Doses Available

Valsartan / Hydrochlorothiazide Tablets

80mg / 12.5mg

Valsartan / Hydrochlorothiazide Tablets

80mg / 25mg

Valsartan / Hydrochlorothiazide Tablets

160mg / 12.5mg

Valsartan / Hydrochlorothiazide Tablets

160mg / 25mg

Valsartan / Hydrochlorothiazide Tablets

320mg / 12.5mg

Valsartan / Hydrochlorothiazide Tablets

320mg / 25mg

Valsartan / Amlodipine / Hydrochlorothiazide Tablets



Valsartan / Amlodipine / Hydrochlorothiazide is used to:

Amlodipine, valsartan and hydrochlorothiazide tablets are indicated for the treatment of hypertension, to lower blood pressure. These benefits have been seen in controlled trials of antihypertensive drugs from a wide variety of pharmacologic classes, including amlodipine, hydrochlorothiazide, and the ARB class to which valsartan principally belongs. There are no controlled trials demonstrating risk reduction with amlodipine, valsartan and hydrochlorothiazide tablets.

Mechanism of action

Amlodipine

Amlodipine is a dihydropyridine calcium channel blocker that inhibits the transmembrane influx of calcium ions into vascular smooth muscle and cardiac muscle. Experimental data suggest that amlodipine binds to both dihydropyridine and nondihydropyridine binding sites.

Valsartan

Angiotensin II is formed from angiotensin I in a reaction catalyzed by angiotensin-converting enzyme (ACE, kininase II). Angiotensin II is the principal pressor agent of the renin-angiotensin system, with effects that include vasoconstriction, stimulation of synthesis and release of aldosterone, cardiac stimulation, and renal reabsorption of sodium.

Hydrochlorothiazide

Hydrochlorothiazide is a thiazide diuretic. Thiazides affect the renal tubular mechanisms of electrolyte reabsorption, directly increasing excretion of sodium and chloride in approximately equivalent amounts. Indirectly, the diuretic action of hydrochlorothiazide reduces plasma volume, with consequent increases in plasma renin activity, increases in aldosterone secretion, increases in urinary potassium loss, and decreases in serum potassium.

Valsartan / Amlodipine / Hydrochlorothiazide Side Effects:

- Headache
- Fatigue
- Palpitation
- Dizziness
- Flushing
- Nausea

Valsartan / Amlodipine / Hydrochlorothiazide Tablets



Doses Available

Valsartan / Amlodipine / Hydrochlorothiazide Tablets	160mg / 5mg / 12.5mg
Valsartan / Amlodipine / Hydrochlorothiazide Tablets	160mg / 5mg / 25mg
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Valsartan / Amlodipine / Hydrochlorothiazide Tablets	160mg / 10mg / 25mg
Valsartan / Amlodipine / Hydrochlorothiazide Tablets	320mg / 10mg / 25mg

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Manufactured for: HEALTH 2000 CANADA INC. Toronto L4B 3B2 Canada

Our Product Range

