NOVARTIS

PATIENT PACKAGE INSERT IN ACCORDANCE WITH THE PHARMACISTS' REGULATIONS (PREPARATIONS) - 1986

The medicine is dispensed with a doctor's prescription only.

Exforge® 5 mg/80 mg
Film-Coated Tablets

Composition:
Each film-coated tablet contains:
Amlodipine (as besylate) 5 mg
Valsartan 80 mg

Exforge® 5 mg/160 mg
Film-Coated Tablets

Composition:
Each film-coated tablet contains:
Amlodipine (as besylate) 5 mg
Valsartan 160 mg

Exforge® 10 mg/160 mg
Film-Coated Tablets

Composition:
Each film-coated tablet contains:
Amlodipine (as besylate) 10 mg
Valsartan 160 mg

Inactive ingredients: see section 6 "Further information".

Read the leaflet carefully in its entirety before using the medicine. This leaflet contains concise information about the medicine. If you have further questions, refer to the doctor or pharmacist.
This medicine has been prescribed for the treatment of your ailment. Do not pass it on to others. It may harm them, even if it seems to you that their ailment is similar.

1. WHAT IS THE MEDICINE INTENDED FOR?

Exforge tablets contain two substances called amlodipine and valsartan. These two substances are intended for the treatment of high blood pressure, when treatment with each ingredient separately does not provide satisfactory results.

- Amlodipine belongs to a group of substances called "calcium channel blockers". Amlodipine stops calcium from penetrating into the walls of the blood vessels, which prevents blood vessels from tightening.
- Valsartan belongs to a group of substances called "angiotensin-II receptor antagonists". Angiotensin II is a substance produced by the body and causes the blood vessels to tighten, thus increasing the blood pressure. Valsartan works by blocking the effect of angiotensin II.

Both substances help prevent the blood vessels from tightening. As a result, the blood vessels relax and blood pressure is lowered.
Exforge is used to treat high blood pressure in adults in whom the high blood pressure is not sufficiently controlled by amlodipine or valsartan alone.

Therapeutic group:
Amlodipine - calcium channel blocker.
Valsartan - angiotensin-II receptor antagonist.

2. BEFORE USING THE MEDICINE

☒ Do not use the medicine if:
- you are sensitive (allergic) to amlodipine or to any other calcium channel blockers. This may be manifested by itching, skin redness or breathing difficulties.
- you are sensitive (allergic) to valsartan or any of the additional ingredients contained in the medicine (detailed in section 6). If you think you may be allergic, refer to the doctor before taking Exforge.
- you have severe liver problems or bile problems such as biliary cirrhosis or obstruction of biliary flow in the liver.
- you are more than three months pregnant (it is preferable to also avoid Exforge in early pregnancy, see "Pregnancy and breastfeeding" section).
- you have severely low blood pressure (hypotension).
- you have narrowing of the aortic valve (aortic stenosis) or cardiogenic shock (a condition where your heart is unable to supply enough blood to the body).
- you suffer from heart failure after a heart attack.
- you have diabetes or impaired kidney function and you are being treated with a blood pressure-lowering medicine containing aliskiren.

If any of the above applies to you, inform your doctor without taking Exforge.

Special warnings regarding use of the medicine:

☐ Before treatment with Exforge, tell the doctor if:
- you are sick (vomiting or diarrhea).
- you have liver or kidney problems.
- you have had a kidney transplant or you have been diagnosed as suffering from narrowing of the kidney arteries.
- you have a problem affecting adrenal gland function, called primary hyperaldosteronism.
- you have heart failure or have had a heart attack in the past. Carefully follow the doctor's instructions for the starting dose. The doctor may also check your kidney function.
- your doctor has told you that you are suffering from narrowing of the valves in your heart (aortic or mitral stenosis) or from abnormal thickening of your heart muscle (obstructive hypertrophic cardiomyopathy).
- you have ever had swelling, particularly of the face and throat, while taking other medicines (including ACE inhibitors). If these symptoms apply to you, **stop taking Exforge and refer to your doctor immediately**. **In this case, never take Exforge again.**
- you are taking any of the following medicines used to treat high blood pressure:
  - ACE inhibitors (e.g., enalapril, lisinopril, ramipril), in particular if you have diabetes-related kidney problems.
  - aliskiren.

☐ Children and adolescents:
- Exforge is not recommended for children and adolescents under 18 years of age.

☐ Test and follow up
Your doctor may regularly check your kidney function, blood pressure and blood electrolyte (e.g., potassium) levels.
See additional information in "**Do not use the medicine**" section.
If any of these apply to you, inform the doctor before taking Exforge.

☐ Drug interactions:
If you are taking, or have recently taken, other medicines, including non-prescription medicines and nutritional supplements, tell the doctor or pharmacist. Your doctor may need to change the dosage or take other precautionary measures. In certain cases, you will need to stop taking one of the medicines. In particular, inform the doctor or pharmacist if you are taking medicines from the following groups:
- ACE inhibitors or aliskiren (see information in sections "**Do not use the medicine**" and "**Special warnings regarding use of the medicine**");
- diuretics (a type of medicine that increases urine output);
- lithium, a medicine used to treat certain types of depression;
- potassium-sparing diuretics, potassium supplements, salt substitutes containing potassium or other substances that may increase potassium levels;
- certain types of painkillers called non-steroidal anti-inflammatory drugs (NSAIDs) or selective cyclooxygenase-2 inhibitors (COX-2 inhibitors). The doctor may also check your kidney function;
- antiepileptics (e.g., carbamazepine, phenobarbital, phenytoin, fosphenytoin, primidone);
- a herbal extract for sedation – Hypericum perforatum (St. John's wort);
- nitroglycerin and other nitrates, or other medicines belonging to the vasodilator group;
- medicines to treat HIV/AIDS (e.g., ritonavir, indinavir, nelfinavir);
- medicines used to treat fungal infections (e.g., ketoconazole, itraconazole);
- medicines used to treat bacterial infections (e.g., rifampicin, erythromycin, clarithromycin, telithromycin);
- verapamil, diltiazem (heart medicines);
- simvastatin (a medicine used to lower cholesterol levels);
- dantrolene (infusion for body temperature abnormalities);
- medicines used to protect against transplant rejection (ciclosporin).

☐ Use of the medicine and food:
Do not consume grapefruits and grapefruit juice when taking Exforge. This is because grapefruits and grapefruit juice may increase the levels of the active ingredient amlodipine in the blood, which can cause an unexpected increase in the blood pressure-lowering effect. Exforge may be taken with or without food.

☐ Pregnancy and breastfeeding:
Pregnancy
Tell your doctor if you think you are pregnant or if you may become pregnant. Your doctor will generally recommend that you stop taking Exforge before you become pregnant or as soon as you find out that you are pregnant and will recommend that you take another medicine instead of Exforge. Exforge is not recommended in early pregnancy (in the first three months of pregnancy), and **must not** be taken if you are more than three months pregnant, as it may cause serious harm to the unborn baby if used after the third month of pregnancy.
Breastfeeding
Tell your doctor if you are breastfeeding or are planning to start breastfeeding. Small amounts of amlodipine pass into breast milk. It is not recommended to take Exforge when breastfeeding, and your doctor may recommend another treatment for you if you wish to breastfeed, especially if the baby was just born or born prematurely.
Consult the doctor or pharmacist before using any medicine.

☐ Driving and operating machinery:
This medicine may cause dizziness and affect your ability to concentrate. Therefore, if you do not know how this medicine will affect you, do not drive, operate machinery and do not perform other activities that require concentration.

3. HOW SHOULD YOU USE THE MEDICINE?

Always use the preparation according to the doctor's instructions. Check with the doctor or pharmacist if you are uncertain about the dosage and treatment regimen of the preparation.
This will help to achieve the best results and reduce the risk of side effects.
The dosage and treatment regimen will be determined by the doctor only. The usual dosage is generally one tablet per day:
- It is preferable to take the medicine at the same time each day.
- Swallow the tablets with a glass of water.
- You can take Exforge with or without food. Do not take Exforge with grapefruits or grapefruit juice.
- There is no information regarding crushing/halving or chewing the tablets.

Depending on your response to treatment, the doctor may recommend a higher or lower dosage.
Do not exceed the recommended dosage.

Exforge in the elderly (aged 65 and above)
Your doctor will exercise caution when increasing the dosage. If you have further questions regarding use of the medicine, ask your doctor or pharmacist.

If you accidentally take a higher dosage
If you took an overdose or if a child has accidentally swallowed the medicine, refer immediately to a doctor or proceed to a hospital emergency room and bring the package of the medicine with you.

If you forget to take the medicine
If you forgot to take the medicine at the designated time, take a dose as soon as you remember. Then, take the next dose at the regular time. However, if it is almost time to take the next dose, do not take the forgotten dose. Do not take a double dose to compensate for the forgotten dose. Take the next dose at the regular time and consult the doctor.
Adhere to the treatment regimen as recommended by the doctor. Even if there is an improvement in your health, do not stop treatment with the medicine without consulting the doctor.

If you stop taking the medicine
Stopping Exforge treatment may cause worsening of your illness. Do not stop taking the medicine unless the doctor has instructed you to do so.

Do not take medicines in the dark! Check the label and the dose each time you take a medicine. Wear glasses if you need them.
If you have further questions regarding use of the medicine, consult the doctor or pharmacist.

4. SIDE EFFECTS

As with any medicine, use of Exforge may cause side effects in some users. Do not be alarmed by the list of side effects. You may not suffer from any of them.

There are serious side effects that require immediate medical treatment:
Few patients have experienced these serious side effects (occur in up to 1 user in 1,000)

If any of the following effects occur, refer to a doctor immediately:
Allergic reaction with symptoms such as rash, itching, swelling of the face or lips or tongue, breathing difficulties, low blood pressure (feeling faint, light-headedness).

Other side effects that may occur with Exforge:
Common side effects *(occur in up to 1 user in 10):* flu; stuffy nose, sore throat and discomfort when swallowing; headache; swelling of arms, palms of the hands, legs, ankles or feet; tiredness; weakness; redness and feeling of warmth in the face and/or neck.

Uncommon side effects *(occur in up to 1 user in 100):* dizziness; nausea and abdominal pain; dry mouth; drowsiness; tingling or numbness of the hands or feet; vertigo; fast heart beat including palpitations; dizziness upon standing up; cough; diarrhea; constipation; skin rash; redness of the skin; swelling in the joints, back pain; pain in joints.
Rare side effects *(occur in up to 1 user in 1,000):* anxiety; ringing in the ears; fainting; passing more urine than usual or having an increased urge to urinate; inability to achieve or maintain an erection; sensation of heaviness; low blood pressure with symptoms such as dizziness, light-headedness; increased sweating; skin rash all over the body; itching; muscle spasm.
If any of the aforementioned effects affect you severely, refer to your doctor.

Side effects that were reported upon use of amlodipine or valsartan when taken alone, and do not occur when using Exforge or occur more frequently than when using Exforge:

Amlodipine
Refer to a doctor immediately if you experience any of these very rare and severe side effects after taking the medicine:
- Sudden wheezing, chest pain, shortness of breath or difficulty in breathing.
- Swelling of eyelids, face or lips.
- Swelling of the tongue and throat causing great difficulty in breathing.
- Severe skin reactions, including intense skin rash, hives, redness of the skin throughout the body, intense itching, blistering, peeling and swelling of the skin, inflammation of the mucous membranes (Stevens-Johnson Syndrome, toxic epidermal necrolysis) or other allergic reactions.
- Myocardial infarction, irregular heart rate.
- Inflammation of the pancreas, which may cause severe abdominal and back pains accompanied by a general unwell feeling.

The following side effects have been reported. If the following effects cause you problems or if they last for more than one week, refer to your doctor.
Common side effects (occur in up to 1 user in 10): dizziness, sleepiness, palpitations (awareness of heart beat), flushing, swelling of the ankles (edema), abdominal pain, nausea.
Uncommon side effects (occur in up to 1 user in 100): Mood swings, anxiety, depression, insomnia, trembling, changes in sense of taste, fainting, loss of pain sensation, visual disturbances, visual impairment, ringing in the ears, low blood pressure, sneezing/runny nose caused by inflammation of the nasal tissue (rhinitis), indigestion, vomiting (being ill), hair loss, increased sweating, itchy skin, skin discoloration, urination disorder, increased need to urinate at night, more frequent urination, inability to achieve an erection, discomfort or enlargement of the breasts in men, pain, feeling unwell, muscle pain, muscle cramps, weight gain or loss.
Rare side effects (occur in up to 1 user in 1,000): Confusion.

Very rare side effects (occur in up to 1 user in 10,000): Decreased number of white blood cells, decrease in number of blood platelets which may result in unusual bruising or bleeding (red blood cell damage), excess sugar in blood (hyperglycemia), swelling of the gums, abdominal bloating (gastritis), abnormal liver function, inflammation of the liver (hepatitis), yellowing of the skin (jaundice), increase in liver enzymes which may have an effect on some medical tests, increased muscle tension (tone), inflammation of blood vessels occasionally accompanied by skin rash, sensitivity to light, disorders combining rigidity, tremor and/or movement disorders.

Valsartan
Side effects whose frequency is unknown (frequency cannot be estimated from the available data): Decrease in red blood cells, fever, sore throat or mouth sores due to infections; spontaneous bleeding or bruising; high levels of potassium in the blood; abnormal liver test results; decreased renal function or a severe reduction in renal function; swelling mainly of the face and the throat; muscle pain; rash, purplish-red spots, fever; itching; allergic reactions; skin blisters (symptoms of a condition called dermatitis bullous).

If you experience these effects, refer to your doctor immediately!

If a side effect occurs, if one of the side effects worsens, or if you suffer from a side effect not mentioned in the leaflet, consult with the doctor.

Reporting side effects
Side effects can be reported to the Ministry of Health by clicking on the link "Report Side Effects of Drug Treatment" found on the Ministry of Health homepage (www.health.gov.il), that directs you to the online form for reporting side effects, or by entering the link:
/https://sideeffects.health.gov.il

5. HOW SHOULD THE MEDICINE BE STORED?

- Avoid poisoning! This medicine and any other medicine should be kept in a safe place out of the reach and sight of children and/or infants in order to avoid poisoning. Do not induce vomiting unless explicitly instructed to do so by the doctor.
- Do not use the medicine after the expiry date (exp. date) that appears on the package. The expiry date refers to the last day of that month.
- Do not store above 30°C. Store in the original package to protect from moisture.
- Do not use if the package is damaged.

6. FURTHER INFORMATION

In addition to the active ingredients, the medicine also contains:

Exforge 5 mg/80 mg, 5 mg/160 mg, 10 mg/160 mg film-coated tablets:
Microcrystalline cellulose
Crospovidone
Magnesium stearate
Silica, colloidal anhydrous

Exforge 5 mg/80 mg film-coated tablets
Film-coating composition:
Hypromellose
Titanium dioxide (E171)
Iron oxide, yellow (E172)
Macrogol 4000
Talc

Exforge 5 mg/160 mg film-coated tablets
Film-coating composition:
Hypromellose
Titanium dioxide (E171)
Iron oxide, yellow (E172)
Macrogol 4000
Talc

Exforge 10 mg/160 mg film-coated tablets
Film-coating composition:
Hypromellose
Titanium dioxide
Iron oxide, yellow
Iron oxide, red
Macrogol 4000
Talc

What the medicine looks like and the contents of the package:
Exforge 5 mg/80 mg: dark yellow, round, film-coated tablet with bevelled edges, imprinted with "NVR" on one side and "NV" on the other side. The package contains 28 tablets.
Exforge 5 mg/160 mg: dark yellow, oval, film-coated tablet with bevelled edges, imprinted with "NVR" on one side and "ECE" on the other side. The package contains 28 tablets.
Exforge 10 mg/160 mg: light yellow, oval, film-coated tablet with bevelled edges, imprinted with "NVR" on one side and "UIC" on the other side. The package contains 28 tablets.

Registration holder and address: Novartis Israel Ltd., P.O.B 7126, Tel Aviv.

Manufacturer name and address: Novartis Pharmaceutica S.A., Barcelona, Spain for Novartis Pharma AG, Basel, Switzerland.

The format of this leaflet was determined by the Ministry of Health and its content was checked and approved by the Ministry of Health in June 2015 and was updated in accordance with the Ministry of Health guidelines in November 2019

Registration number of the medicine in the National Drug Registry of the Ministry of Health:
Exforge 5 mg/80 mg: 138 40 31566
Exforge 5 mg/160 mg: 138 41 31567
Exforge 10 mg/160 mg: 138 42 31568

SH EXF APL 27NOV19