

Glycomet®-GP

Proudly Presents



World Diabetes Day 2025
Diabetes and Well-being at Work



In T2DM Across Continuum,

Choose
STRONG

Glycomet®-GP

Glycomet®-GP 0.5
Metformin Hydrochloride 500 mg SR + Glimepiride 0.5 mg

Glycomet®-GP 1
Metformin Hydrochloride 500 mg SR + Glimepiride 1 mg

Glycomet®-GP 2
Metformin Hydrochloride 500 mg SR + Glimepiride 2 mg



START STRONG with **LEADER**

Glycomet®-GP 0.5 FORTE
Metformin Hydrochloride 1000 mg SR + Glimepiride 0.5 mg

Glycomet®-GP 1 FORTE
Metformin Hydrochloride 1000 mg SR + Glimepiride 1 mg

Glycomet®-GP 2 FORTE
Metformin Hydrochloride 1000 mg SR + Glimepiride 2 mg

Glycomet®-GP 2/850
Metformin Hydrochloride 850 mg SR + Glimepiride 2 mg

Glycomet®-GP 3 FORTE
Metformin Hydrochloride 1000 mg SR + Glimepiride 3 mg

Glycomet®-GP 3/850
Metformin Hydrochloride 850 mg SR + Glimepiride 3 mg

Glycomet®-GP 4 FORTE
Metformin Hydrochloride 1000 mg SR + Glimepiride 4 mg

Abridged Prescribing Information

Active Ingredients: Metformin hydrochloride (as sustained release) and glimepiride tablets. **Indication:** For the management of patients with type 2 diabetes mellitus when diet, exercise and single agent (glimepiride or metformin alone) do not result in adequate glycaemic control. **Dosage and Administration:** The recommended dose is one tablet daily during breakfast or the first main meal. Each tablet contains a fixed dose of glimepiride and Metformin Hydrochloride. The highest recommended dose per day should be 8 mg of glimepiride and 2000mg of metformin. Due to prolonged release formulation, the tablet must be swallowed whole and not crushed or chewed. **Adverse Reactions:** For Glimepiride: hypoglycaemia may occur, which may sometimes be prolonged. Occasionally, gastrointestinal (GI) symptoms such as nausea, vomiting, sensations of pressure or fullness in the epigastrium, abdominal pain and diarrhea may occur. Hepatitis, elevation of liver enzymes, cholestasis and jaundice may occur; allergic reactions or pseudo allergic reactions may occur occasionally. For Metformin: GI symptoms such as nausea, vomiting, diarrhea, abdominal pain, and loss of appetite are common during initiation of therapy and may resolve spontaneously in most cases. Metallic taste, mild erythema, decrease in Vit B12 absorption, very rarely lactic acidosis, Hemolytic anemia, Reduction of thyrotropin level in patients with hypothyroidism, Hypomagnesemia in the context of diarrhea, Encephalopathy, Photosensitivity, hepatobiliary disorders. **Warnings and Precautions:** For Glimepiride: Patient should be advised to report promptly exceptional stress situations (e.g., trauma, surgery, febrile infections), blood glucose regulation may deteriorate, and a temporary change to insulin may be necessary to maintain good metabolic control. Metformin Hydrochloride may lead to Lactic acidosis; in such cases metformin should be temporarily discontinued and contact with a healthcare professional is recommended. Sulfonylureas have an increased risk of hypoglycaemia. Long-term treatment with metformin may lead to peripheral neuropathy because of decrease in vitamin B12 serum levels. Monitoring of the vitamin B12 level is recommended. Overweight patients should continue their energy-restricted diet, usual laboratory tests for diabetes monitoring should be performed regularly. **Contraindications:** Hypersensitivity to the active substance of glimepiride & Metformin or to any of the excipients listed. Any type of acute metabolic acidosis (such as lactic acidosis, diabetic ketoacidosis, diabetic pre-coma). Severe renal failure (GFR<30ml/min). In pregnant women. In lactating women. Acute conditions with the potential to alter renal function (dehydration, severe infection, shock, intravascular administration of iodinated contrast agents); acute or chronic disease which may cause tissue hypoxia (cardiac or respiratory failure, recent myocardial infarction, shock); hepatic insufficiency; acute alcohol intoxication; alcoholism. **Use in a special population:** Pregnant Women: Due to a lack of human data, drugs should not be used during pregnancy. Lactating Women: It should not be used during breastfeeding. Pediatric Patients: The safety and efficacy of drugs has not yet been established. Renal impairment: A GFR should be assessed before initiation of treatment with metformin containing products and at least annually thereafter. In patients at increased risk of further progression of renal impairment and in the elderly, renal function should be assessed more frequently, e.g. every 3-6 months.

Additional information is available on request.

Last updated: March 13, 2023

*In case of any adverse events, kindly contact: pv@usv.in

For the use of registered medical practitioner, hospital or laboratory.*



USV Private Limited

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Corvette Team

PREFACE

 as your reliable healthcare partner, believes in supporting your endeavour to make India a '**Diabetes Care Capital**'. We, at **USV**, believe in partnering with healthcare leaders to make better diabetes management decisions.

Sugar has long been a celebrated part of Indian culture-woven into festivals, special occasions, and daily meals. However, alongside this cultural significance, India has seen a steady rise in lifestyle-related diseases, particularly obesity and type 2 diabetes mellitus. Excessive intake of added sugars, especially through sugar-sweetened beverages and processed foods, is now recognized as a major contributor to this public health challenge.

On the occasion of **World Diabetes Day (WDD) 2025**, with the theme "**Diabetes and Well-being**" with a focus on "**Diabetes and Workplace**",  presents **Sugarpedia 2.0** - a ready reference revealing the sugar content of commonly consumed Indian packaged foods. This is a timely opportunity to highlight how workplace eating habits can unknowingly impact overall health and sugar consumption.

Developed by qualified dietitians at Nurture Health Solutions, Sugarpedia 2.0 is a practical, easy-to-use guide that provides clear, visual, and measurable information through the Sugar Meter. It empowers individuals to track and manage their sugar intake effectively.

The aim is not to demonize sugar, but to enable informed choices. By understanding the sugar content of everyday foods and beverages, individuals can take small, meaningful steps toward better health. Reducing added sugar consumption can significantly lower the risk of obesity, diabetes, and related metabolic disorders—helping us move towards a healthier India.

Best Regards,

 **Team**

Sugarpedia 2.0

We are witnessing a surge in lifestyle diseases, largely driven by unhealthy eating habits-particularly the excessive consumption of high-sugar foods. To address this growing health concern, the Food Safety and Standards Authority of India (FSSAI) recommends reducing sugar intake as a key step toward better health.

What is Sugar ?



Sugar is a type of simple carbohydrate that is broken down into glucose in our body, providing quick energy. It occurs naturally in foods like fruits and milk, and is also added to many processed foods. Depending on the source, it can be classified as –



Types of Sugar:

- **Natural Sugar:** Sugar which is found naturally in certain foods such as:
 - *Fruits (containing fructose, glucose, and sucrose), Vegetables and grains (e.g., sweet corn, carrots), Dairy (containing lactose)*
- **Added Sugars:** Simple refined sugar added to foods during preparation or processing, or at the table. This includes white sugar, brown sugar, jaggery, khandasari and honey, and chemically manufactured syrups, such as high fructose corn syrup, maple syrup, invert syrup etc. Apart from tea and coffee, sugar is often added to many processed foods-even those that don't taste sweet. It's important to read food labels carefully, and make a wise choice. Added sugars are usually found in :
 - *Soft drinks, energy drinks, fruit drinks, ice cream, flavoured and/or sweetened milk, milkshakes, breakfast cereals and bars, biscuits, cupcakes, etc.*



Recommendations for Sugar:

National Institute of Nutrition- Indian Council of Medical Research (NIN-ICMR) Dietary Guidelines recommends-



- **Avoiding sugar or restricting to 20 to 25g per day (5 to 6 tsp) for all adults.³**
 - FSSAI has collaborated with ICMR-NIN to develop "model posters" on sugar consumption, which will be displayed in central institutions across India. These posters will recommend a daily limit of 25 grams of sugar (about six teaspoons) for a 2,000-calorie diet.⁴
 - As part of an FSSAI and ICMR-NIN initiative to combat rising obesity and lifestyle diseases, "Oil & Sugar Boards" are also set to be displayed across all government offices and public institutions from July 2025. These boards highlight daily limits for fat and added sugar, and expose the hidden fat/sugar content in popular snacks like samosas, jalebis, and soft drinks-aiming to nudge healthier choices through simple, visible awareness.⁵
 - Like FSSAI, international health authorities such as the World Health Organisation (WHO)⁶, American Heart Association (AHA)⁷, and American Diabetes Association (ADA)⁸ also emphasize the importance of limiting sugar intake to support long-term health and prevent chronic diseases.



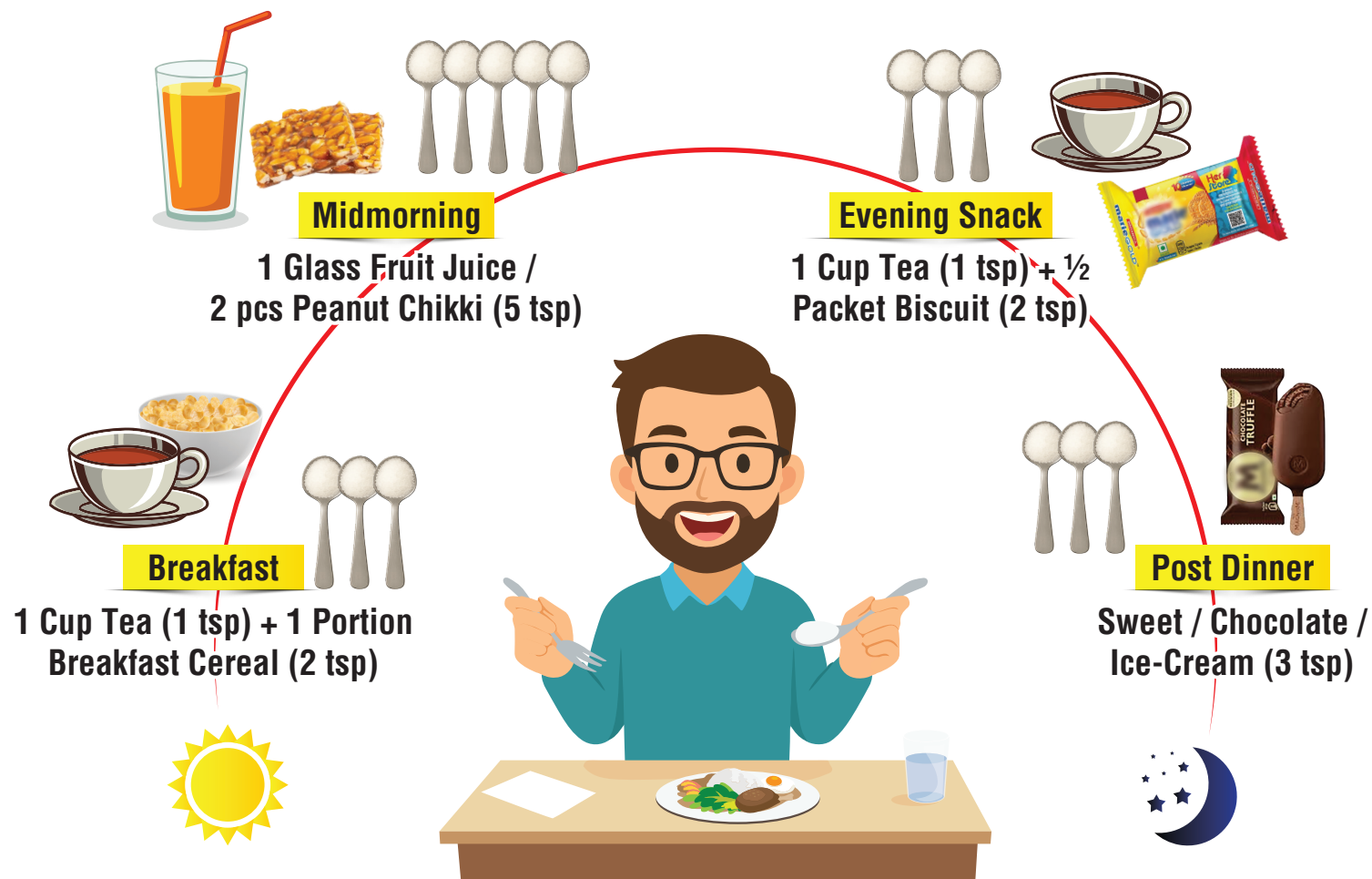
Is This ? You ?

Falling for Hidden Sugars Every Day



You might be consuming more sugar than you realize. Many foods contain hidden sugars, which can easily exceed your recommended daily limit. Look at the example of a usual routine below. (*Teaspoons (tsp) of sugar present in the food is given in brackets*)

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Total daily sugar budget:

6 tsp



Sugar intake in the above routine:

**14 tsp (133% higher than
the recommendation)**



- Individuals often believe Tea / Coffee is the only source of sugar in their diet. But, as you can see many foods regularly consumed contribute to the total sugar intake, such as *breakfast cereals, biscuits, fruit juices, chikki, chocolates*, etc. These are especially popular in workplaces, where quick and convenient options often dominate food choices.
- World Diabetes Day (**WDD**) is observed every year on **14th November**. The theme for WDD 2025 is “**Diabetes and Well-being**” with a focus on “**Diabetes and Workplace.**” This presents an important opportunity to highlight how eating habits at work can impact overall health and sugar consumption, often unknowingly.
- Promoting awareness of hidden sugars in everyday workplace snacks can be a powerful step towards improving employee well-being and reducing diabetes risk.



Adverse Effects of High Sugar Consumption

Excess sugar consumption increases the risk of the following health conditions:^{9,10,11,12,13,14}



Sugarpedia 2.0

Sugarpedia 2.0 is a comprehensive compendium of commonly consumed food items in India containing added sugar. It has been developed by qualified dietitians at Nurture Health Solutions. This guide gives an approximate estimation of sugar content in different food items.



How To Use This Guide ?

You can record the amount of sugar consumed in a log book / diet diary with the help of values mentioned against each of the food items. These values can be recorded for an entire day and continued for up to seven days (one complete week). At the end of seven days, the average value of sugar that is consumed per day can be estimated. If the average daily consumption of sugar exceeds 25 g/day (*6 teaspoons*), it indicates that you are at an increased risk of metabolic disorders like obesity, diabetes, and heart disease.



What Does the Sugar Meter Mean?

The Sugar Meter indicates the approximate number of teaspoons of sugar in a particular food item. It also shows what percentage of your total daily sugar allowance is contributed by that item.



This amount of food is safe to consume with respect to added sugar content.



Watch the quantity - you are crossing the safe zone.



This sugar level is a warning sign. You're close to the upper limit.



Too much sugar - rethink your choice and consider reducing intake.



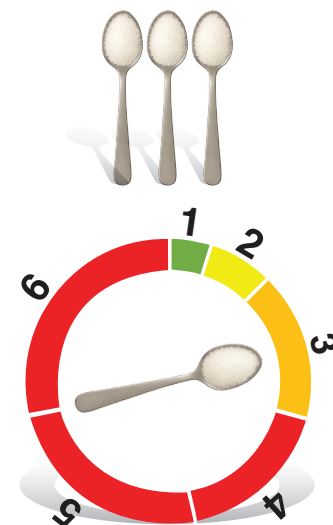
Biscuits



Marie Biscuit

1 packet: **64g**
No. of biscuits: **13**

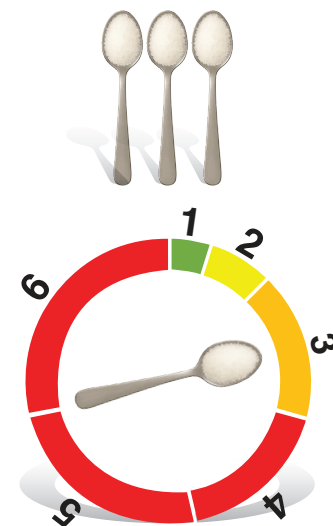
3 tsp of sugar
50% of the daily allowance



Cashew Cookies

1 packet: **52.5g**
No. of biscuits: **7**

3 tsp of sugar
50% of the daily allowance



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Biscuits

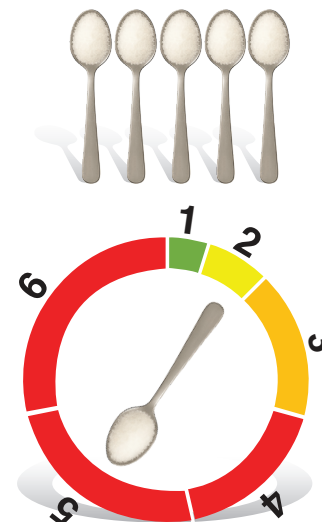


Jam Biscuits

1 packet: **57g**
No. of biscuits: **5**

5 tsp of sugar

83% of the daily allowance

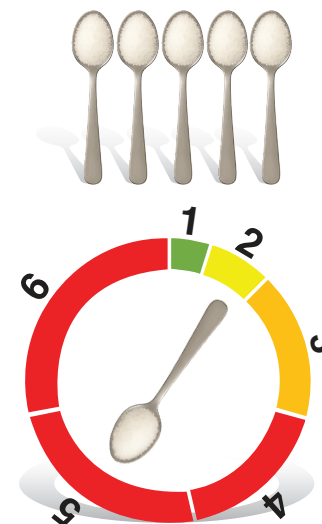


Orange Cream Biscuits

1 packet: **58g**
No. of biscuits: **10**

5 tsp of sugar

83% of the daily allowance





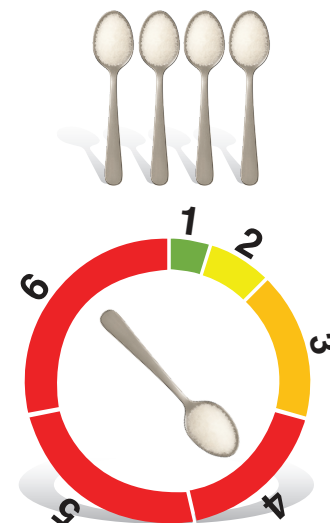
Chocolate Biscuits with Chocolate cream

1 packet: **41.7g**

No. of biscuits: **5**

4 tsp of sugar

66% of the daily allowance



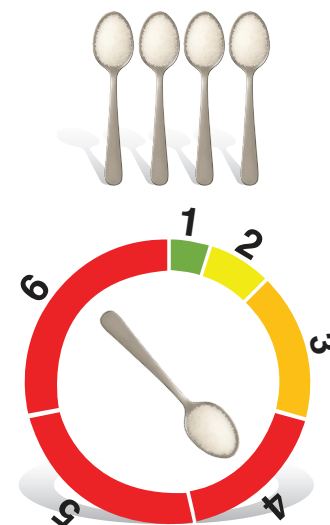
Chocolate Cream Biscuits

1 packet: **50g**

No. of biscuits: **5**

4 tsp of sugar

66% of the daily allowance



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Biscuits

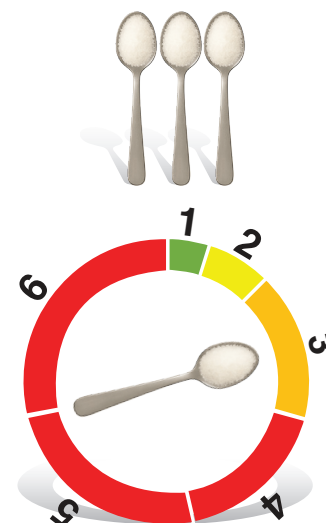


Chocolate Cookies

1 packet: **33g**
No. of biscuits: **6**

3 tsp of sugar

50% of the daily allowance

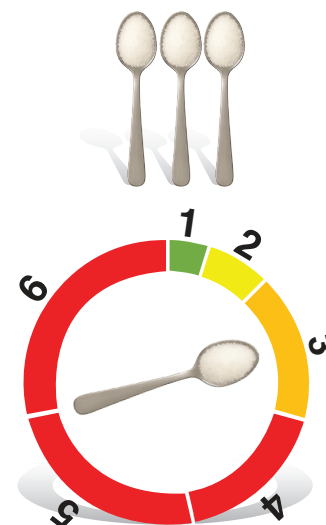


Digestive Biscuits

1 packet: **91g**
No. of biscuits : **11**

3 tsp of sugar

50% of the daily allowance



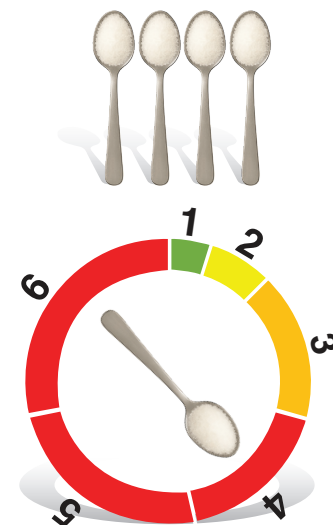


Chocolate Oats Almond Cookies

1 packet: **75g**
No. of biscuits: **9**

4 tsp of sugar

66% of the daily allowance

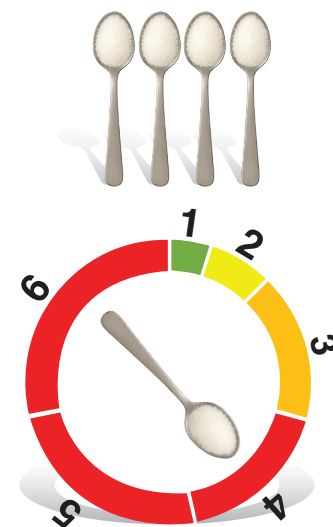


Sugar Sprinkled Coconut Cookies

1 packet: **52.7g**
No. of biscuits: **8**

4 tsp of sugar

66% of the daily allowance



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Biscuits



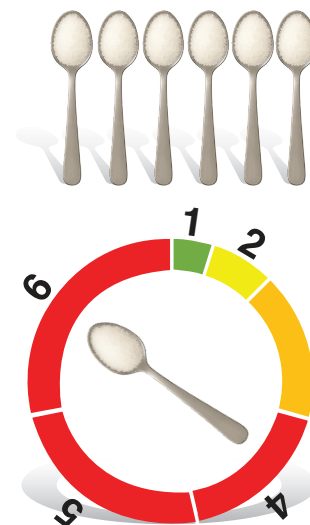
Glucose Biscuits

1 packet: **90g**

No. of biscuits: **18**

6 tsp of sugar

100% of the daily allowance

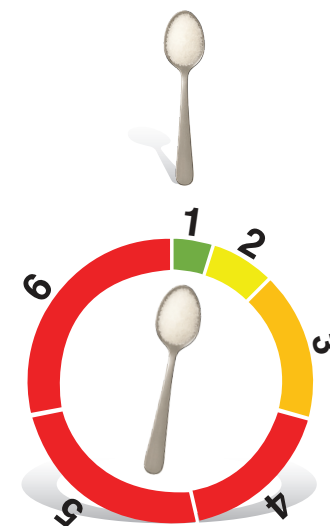


Chocolate Filled Cookies

1 packet: **12g (1 piece)**

1 tsp of sugar

16% of the daily allowance



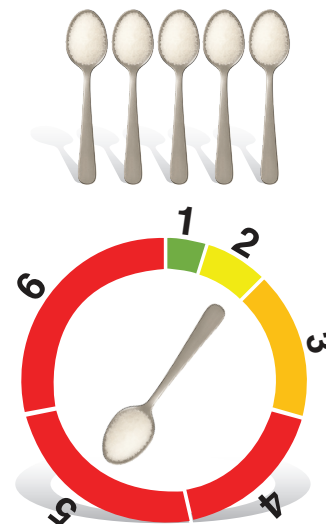


Orange Wafer Biscuit

1 packet: **50g**

5 tsp of sugar

83% of the daily allowance

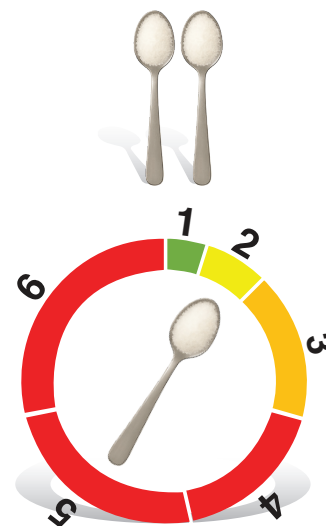


Choco Pie

1 packet: **28g (1 piece)**

2 tsp of sugar

33% of the daily allowance



Glycomet®-GP

Drinks & Beverages



Orange Pulp Drink

Serving: 250ml

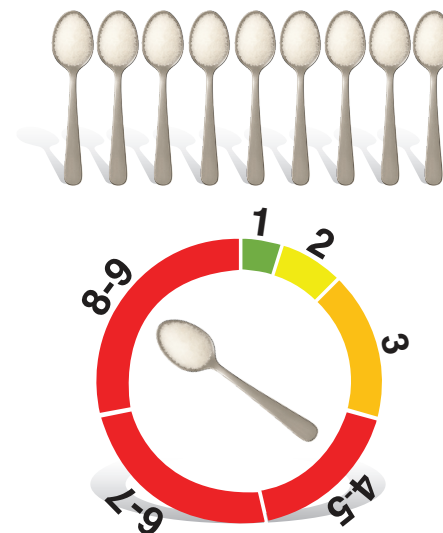
7 tsp of sugar
>100% of the daily allowance



Lychee Juice

Serving: 300ml

9 tsp of sugar
>100% of the daily allowance





Lemon Carbonated Drink

Serving: **250ml**

7 tsp of sugar
>100% of the daily allowance



Carbonated Cola drink

Serving: **250ml**

7 tsp of sugar
>100% of the daily allowance



Drinks & Beverages



Lemon Juice

Serving: 250ml

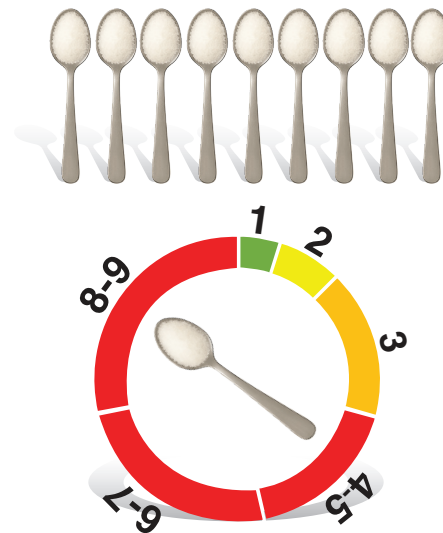
7 tsp of sugar
>100% of the daily allowance



Orange Carbonated Drink

Serving: 250ml

9 tsp of sugar
>100% of the daily allowance

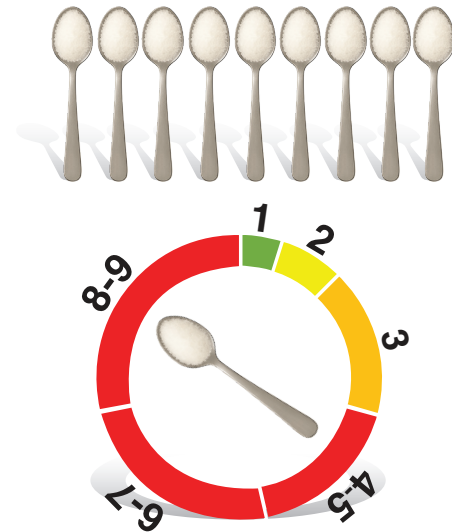




Citrus-Flavored Soda

Serving: **300ml**

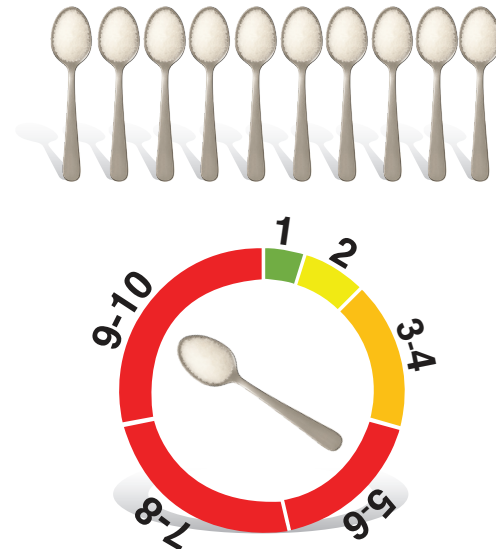
9 tsp of sugar
>100% of the daily allowance



Energy Drink

Serving: **350ml**

10 tsp of sugar
>100% of the daily allowance



Glycomet[®]-GP

Drinks & Beverages



Berry Energy Drink

Serving: **250ml**

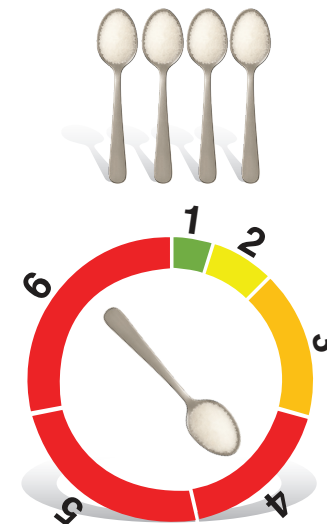
7 tsp of sugar
>100% of the daily allowance



Sports Energy Drink

Serving: **250ml**

4 tsp of sugar
66% of the daily allowance



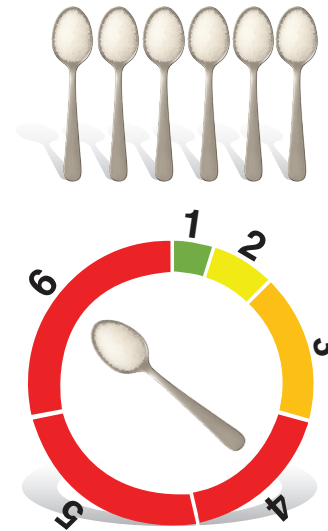


Peach & Passion Flavoured Water

Serving: **250ml**

6 tsp of sugar

100% of the daily allowance

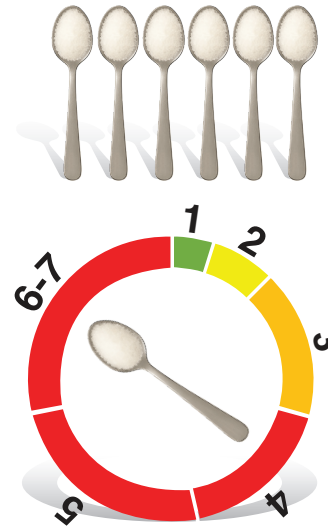


Classic Energy Drink

Serving: **250ml**

7 tsp of sugar

>100% of the daily allowance



Glycomet[®]-GP

Drinks & Beverages



Mixed Fruit Juice

Serving: **200ml**

5 tsp of sugar

83% of the daily allowance



Cookies N Cream Flavored Milkshake

Serving: **180ml**

7 tsp of sugar

>100% of the daily allowance



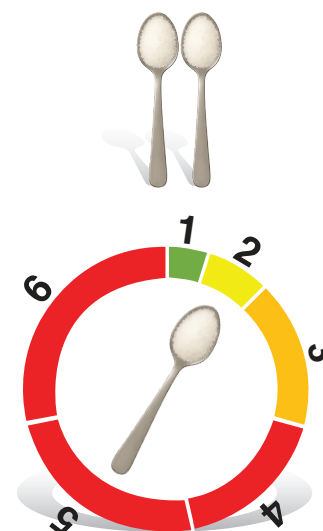


Toffee Caramel Flavoured Milk

Serving: **80ml**

2 tsp of sugar

33% of the daily allowance

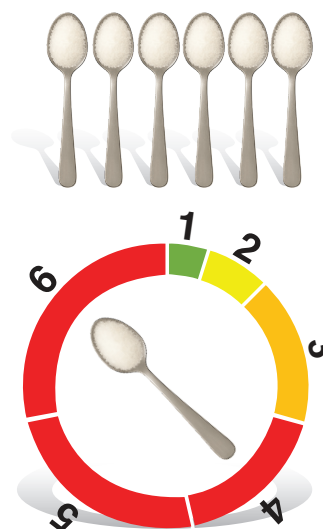


Rose Flavoured Lassi

Serving: **200ml**

6 tsp of sugar

100% of the daily allowance



Glycomet®-GP

Drinks & Beverages

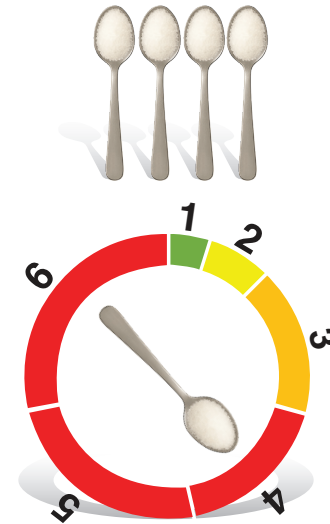


Elaichi Flavoured Milk

Serving: **200ml**

4 tsp of sugar

66% of the daily allowance

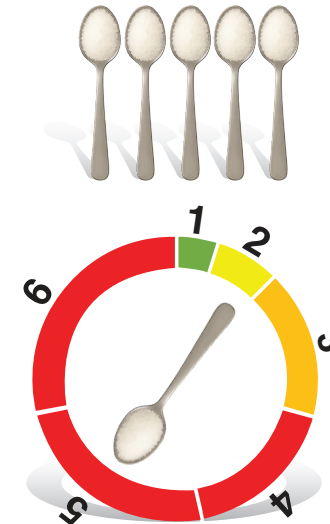


Soya Chocolate Flavored Drink

Serving: **200ml**

5 tsp of sugar

83% of the daily allowance



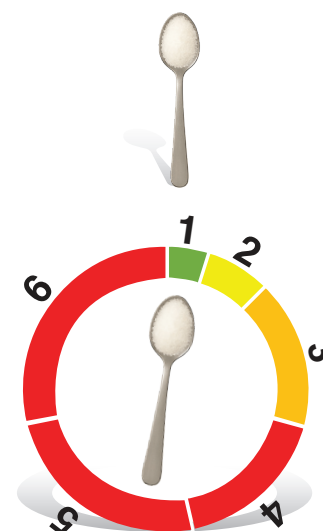


Strawberry Fruit Yogurt

Serving: **75g**

1 tsp of sugar

16% of the daily allowance

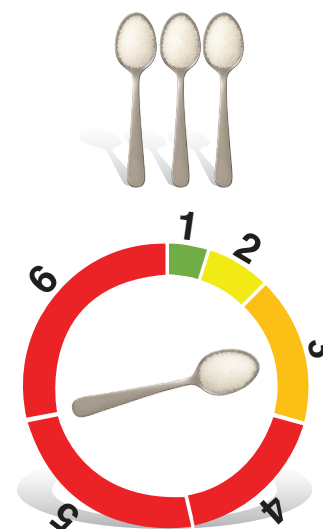


Mishti Doi

Serving: **80g**

3 tsp of sugar

50% of the daily allowance



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Drinks & Beverages

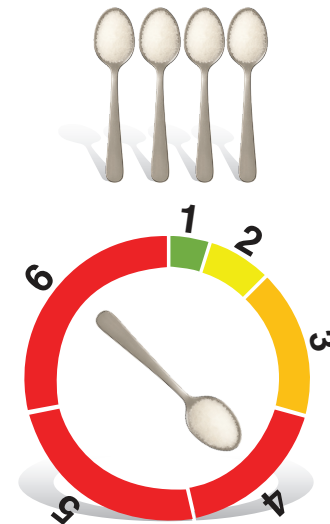


Vanilla Milkshake

Serving: **180ml**

4 tsp of sugar

66% of the daily allowance

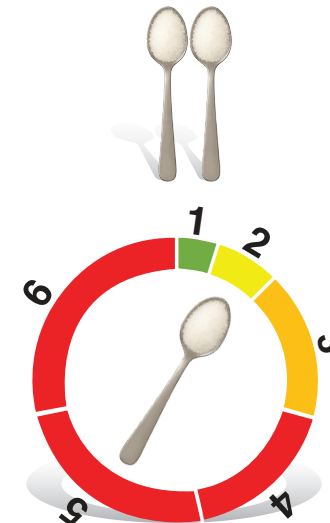


Smoothie Mango

Serving: **180ml**

2 tsp of sugar

33% of the daily allowance



Breakfast Cereals



Multigrain Oats

Serving: **1/2 cup**

0 tsp of sugar
0% of the daily allowance



Multigrain Chocos

Serving: **1/2 cup + 1/4th cup**

7 tsp of sugar
>100% of the daily allowance



Glycomet[®]-GP

Breakfast Cereals

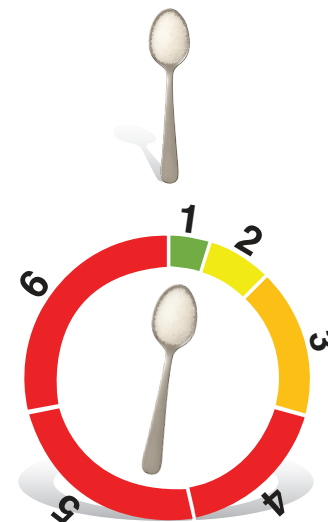


Nutty Fruity Muesli

Serving: **1/3rd cup**

1 tsp of sugar

16% of the daily allowance

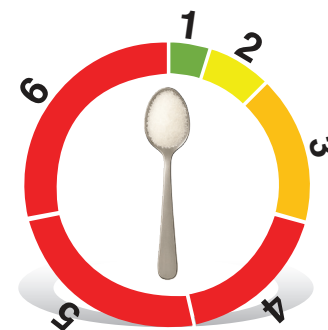


5 Grain Muesli

serving: **1/2 cup**

0 tsp of sugar

0% of the daily allowance



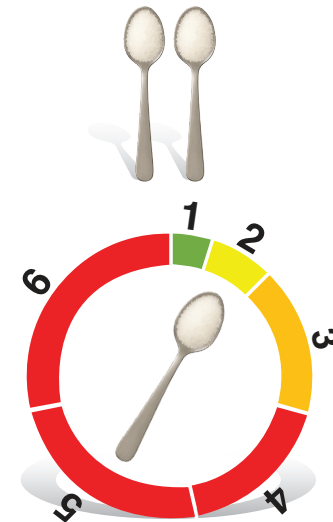


Muesli Choco Crunch

Serving: **1/3rd cup**

2 tsp of sugar

33% of the daily allowance

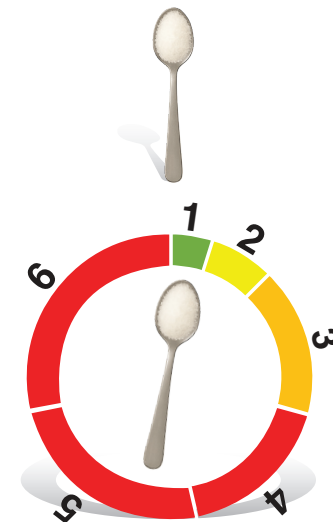


High Protein Muesli Choco Almond

Serving: **1/2 cup**

1 tsp of sugar

16% of the daily allowance



Glycomet®-GP

Breakfast Cereals

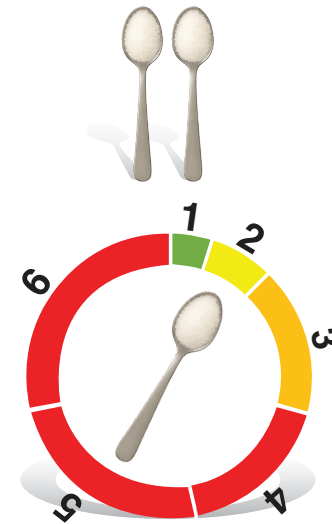


Millet Muesli

Serving: **1/2 cup + 1/8th cup**

2 tsp of sugar

33 % of the daily allowance

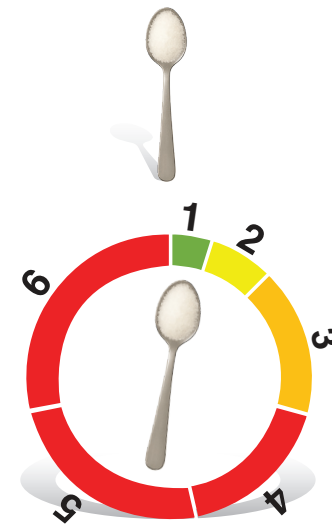


Millet Muesli (Fruit & Nut)

serving: **1/2 cup + 1/4th cup**

1 tsp of sugar

16% of the daily allowance



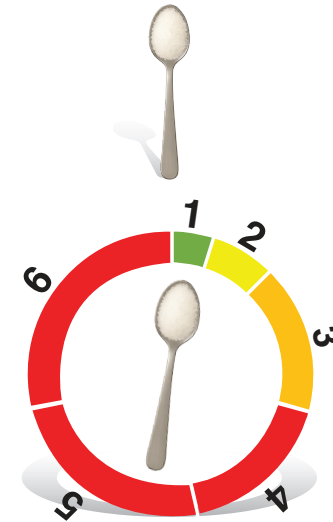


Corn Flakes

Serving: **1 cup**

1 tsp of sugar

16% of the daily allowance

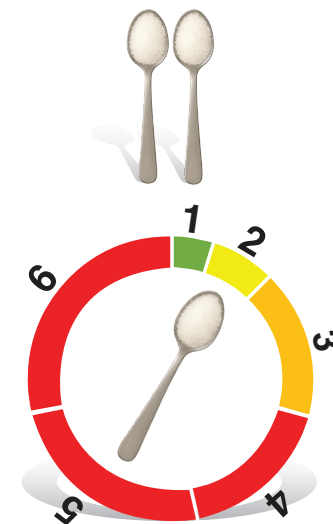


Chocos Moons & Stars

Serving: **1/2 cup + 1/4th cup**

2 tsp of sugar

33% of the daily allowance



Glycomet[®]-GP

Breakfast Cereals

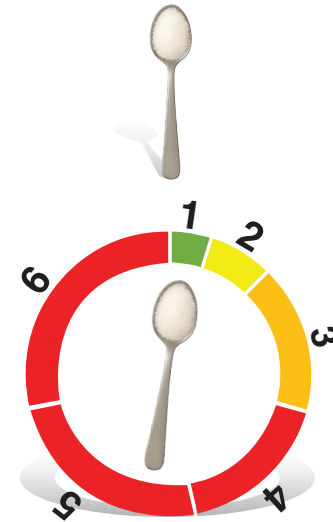


Berry Crunch (Ragi Stars & Moons)

Serving: **3/4th cup**

1 tsp of sugar

16 % of the daily allowance

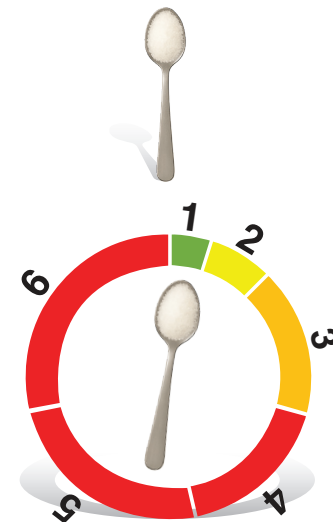


Crunchy Muesli fruit & nut cranberries

serving: **1/3rd cup**

1 tsp of sugar

16% of the daily allowance



Chocolate



Silk Chocolate

Serving: **60g**

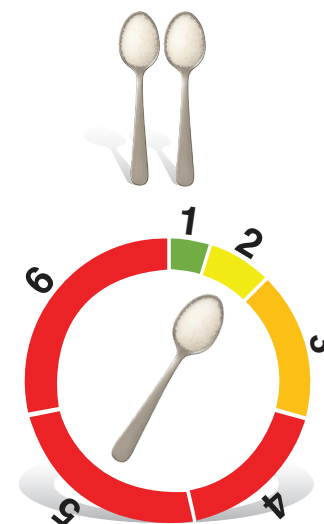
7 tsp of sugar
>100% of the daily allowance



Milk Chocolate

Serving: **18g**

2 tsp of sugar
33% of the daily allowance



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Chocolate



Oreo Silk Chocolate

Serving: **58.5g**

6 tsp of sugar

100% of the daily allowance

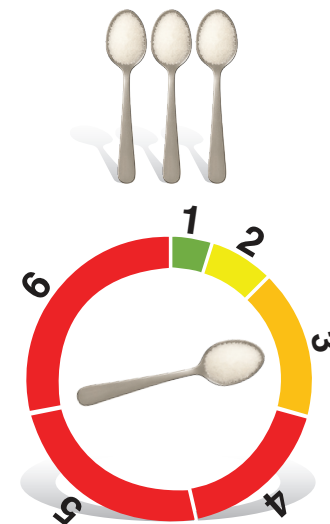


Fruit & Nut Dark Chocolate

serving: **30g**

3 tsp of sugar

50% of the daily allowance



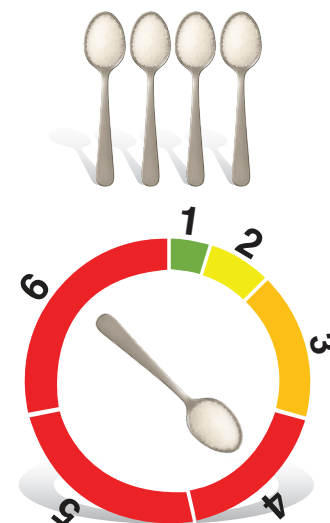


Caramel Bar Chocolate

Serving: **33g**

4 tsp of sugar

66% of the daily allowance

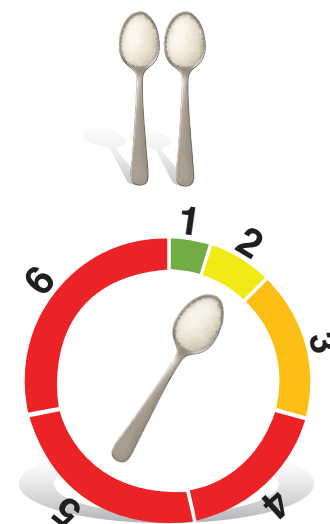


Wafer Chocolate

Serving: **20g**

2 tsp of sugar

33% of the daily allowance



Glycomet[®]-GP

Chocolate

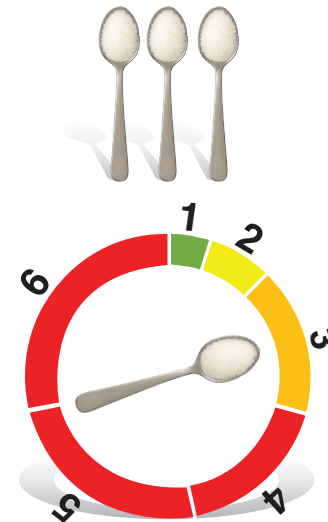


Munch Max Chocolate

Serving: **38.5g**

3 tsp of sugar

50% of the daily allowance

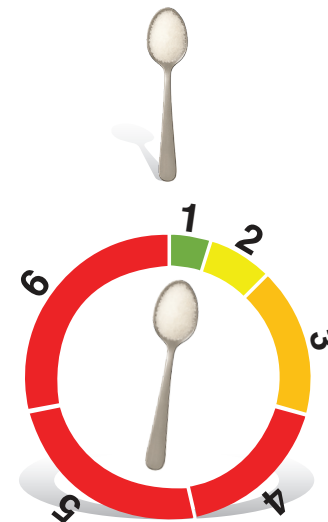


Hazelnut Chocolate Balls

serving: **12.5g**

1 tsp of sugar

16% of the daily allowance



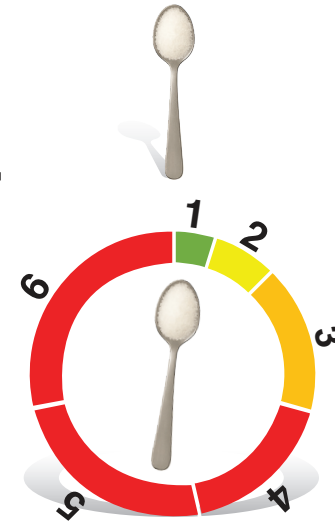


Chocolate-Covered Wafer Bar

Serving: **19g**

1 tsp of sugar

16% of the daily allowance

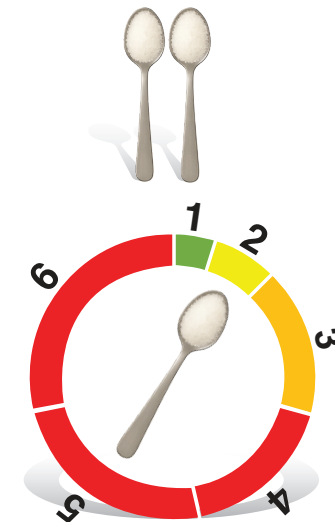


Caramel and Peanuts Chocolate Bar

Serving: **12g**

2 tsp of sugar

33% of the daily allowance



Glycomet[®]-GP

Chocolate

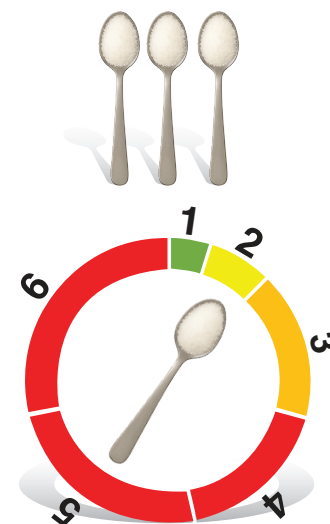


Chocolate Cream with Wafer Balls

Serving: 20g(1 no)

2 tsp of sugar

50% of the daily allowance



Spreads & dips

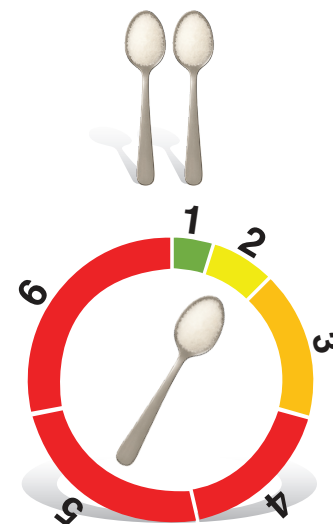


Mixed Fruit Jam

Serving: **15g (1 tbsp)**

2 tsp of sugar

33% of the daily allowance

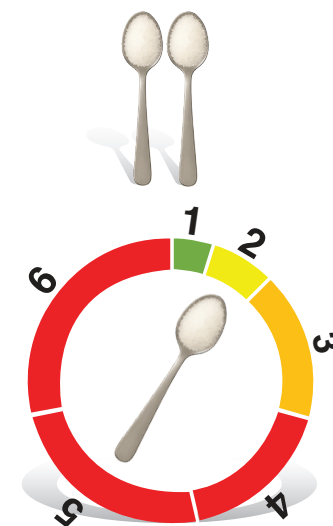


Hazelnut Chocolate Spread

Serving: **15g (1 tbsp)**

2 tsp of sugar

33% of the daily allowance



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Spreads & dips



Peanut Butter

Serving: **15g (1 tbsp)**

0 tsp of sugar

0% of the daily allowance

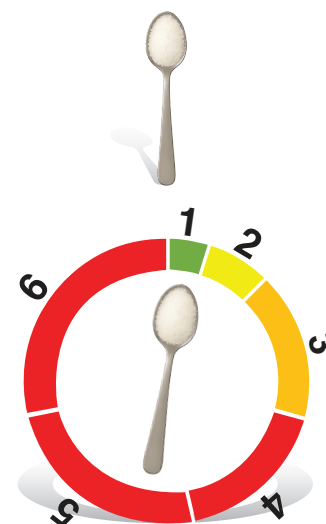


Tomato Ketchup

serving: **15g (1 tbsp)**

1 tsp of sugar

16% of the daily allowance



Cakes

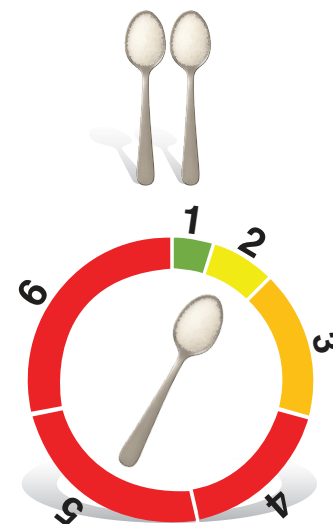


Magic Cream Bread Roll

Serving: 60g (1 no.)

2 tsp of sugar

33% of the daily allowance



Chocolate pastry

Serving: 1/8th slice of 6inch cake

11 tsp of sugar

>100% of the daily allowance



Glycomet®-GP

Indian Sweets, Ice-creams

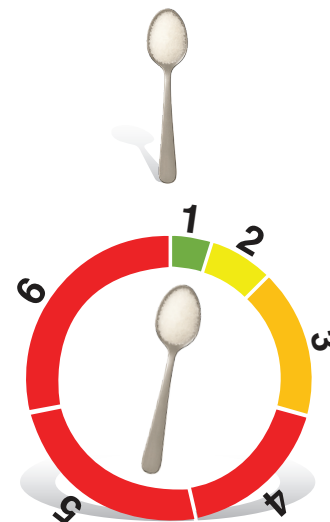


Mawa Peda

1 Medium Sized

1 tsp of sugar

16% of the daily allowance

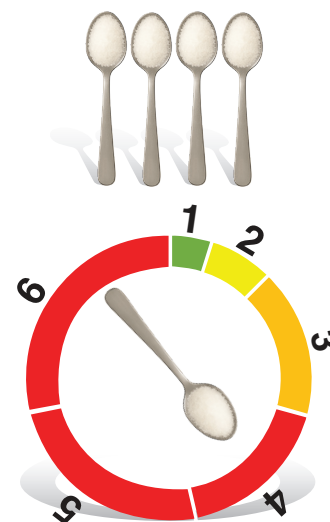


Gulab Jamun

1 Medium Sized

4 tsp of sugar

66% of the daily allowance



Indian Sweets

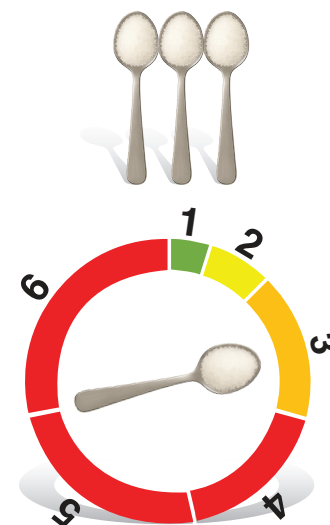


Ras Gulla

1 medium sized

3 tsp of sugar

50% of the daily allowance

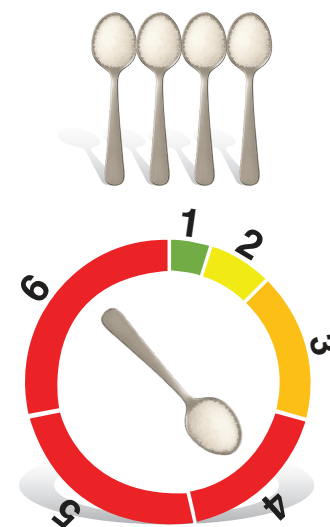


Motichoor laddoo

1 medium sized

4 tsp of sugar

66% of the daily allowance



Glycomet[®]-GP

Indian Sweets, Ice-Cream

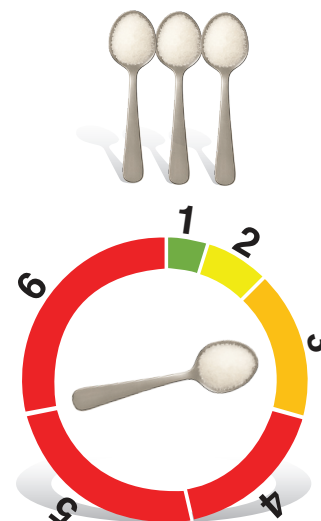


Jalebi

Serving: 1 pc

3 tsp of sugar

50% of the daily allowance



Ras Malai

Serving: 1 pc with 1/2 cup ras

6 tsp of sugar

100% of the daily allowance



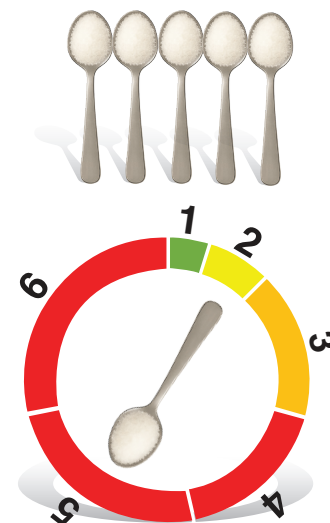


Rice Kheer

Serving: 1 cup

5 tsp of sugar

83% of the daily allowance

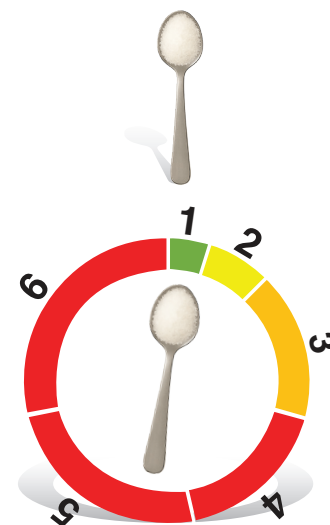


Sondesh

Serving: 1 pc

1 tsp of sugar

16% of the daily allowance



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Indian Sweets, Ice-Cream

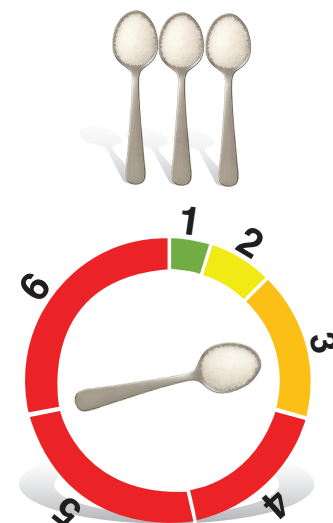


Modak

Serving: 1 pc

3 tsp of sugar

50% of the daily allowance

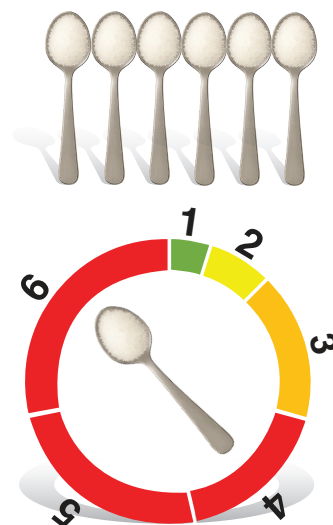


Petha

Serving: 1 pc

6 tsp of sugar

100% of the daily allowance

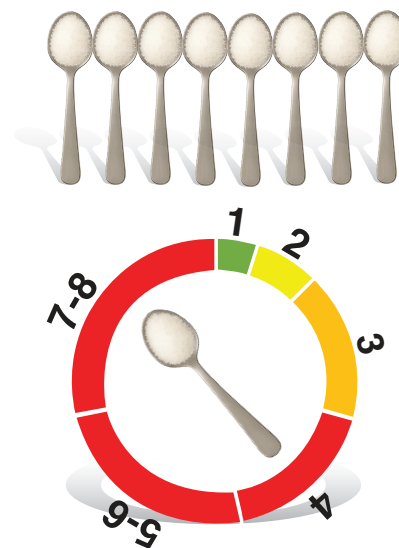




Gajar Halwa

Serving: 1 cup

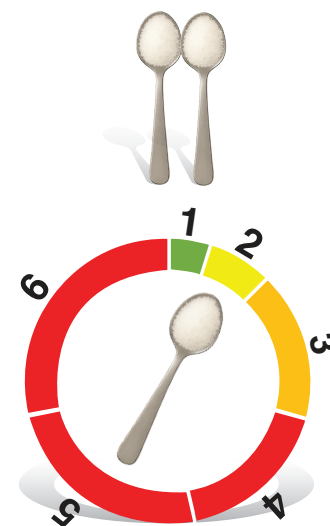
8 tsp of sugar
>100 of the daily allowance



Soan Papdi

Serving: 1 pc

2 tsp of sugar
33% of the daily allowance



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Indian Sweets, Ice-Cream

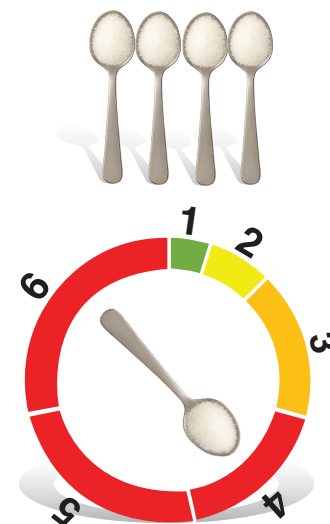


Puran Poli

Serving: 1 no.

4 tsp of sugar

66% of the daily allowance

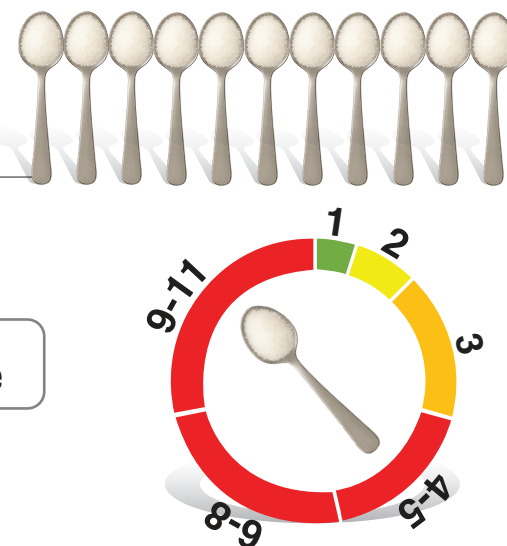


Elaichi Shrikhand

Serving: 100g

11 tsp of sugar

>100 of the daily allowance



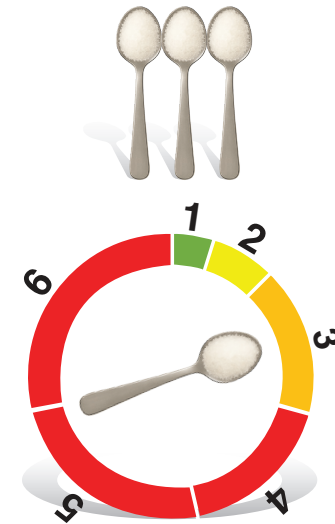


Kaju Katli

Serving: 1 no.

3 tsp of sugar

50% of the daily allowance

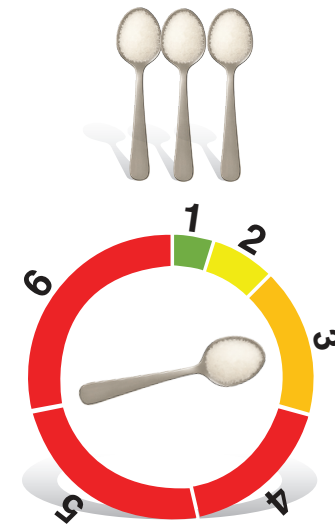


Peanut Chikki

Serving: 1 pc

3 tsp of sugar

50% of the daily allowance



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Indian Sweets, Ice-Cream



Falooda

Serving: 1 Glass

12 tsp of sugar

>100 of the daily allowance



Rabdi

Serving: 1 cup

4 tsp of sugar

66% of the daily allowance





Ghevar

Serving: 1 pc (palm size)

9 tsp of sugar
>100 of the daily allowance



Til Pitha

Serving: 1 pc

3 tsp of sugar
50% of the daily allowance



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Indian Sweets, Ice-Cream

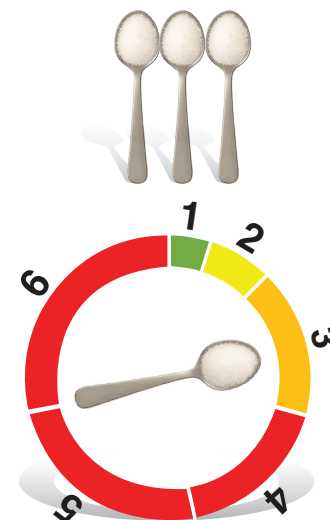


Mysore Pak

Serving: 1 pc

3 tsp of sugar

50% of the daily allowance

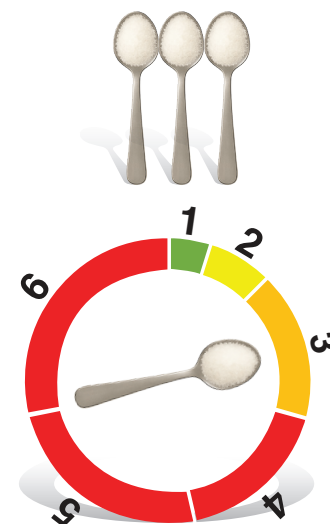


Sewaiyan

Serving: 1/2 cup

3 tsp of sugar

50% of the daily allowance



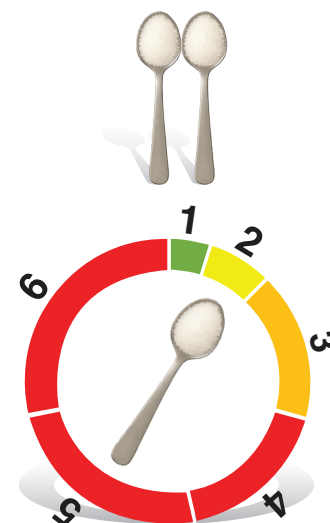


Aamras

Serving: **1 cup**

2 tsp of sugar

33% of the daily allowance

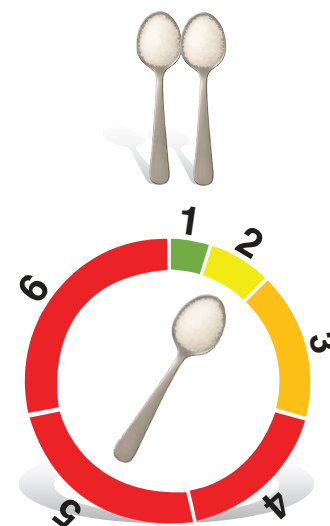


Karanji / Gujiya

Serving: **1 pc**

2 tsp of sugar

33% of the daily allowance



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Indian Sweets, Ice-Cream

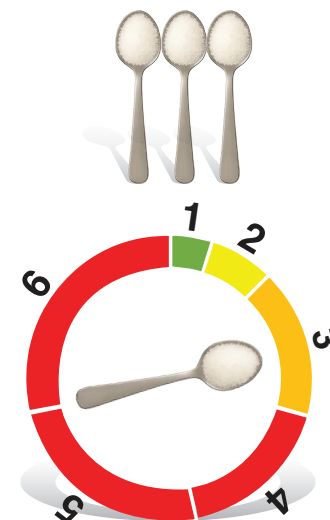


Besan laddoo

Serving: 1 pc

3 tsp of sugar

50% of the daily allowance

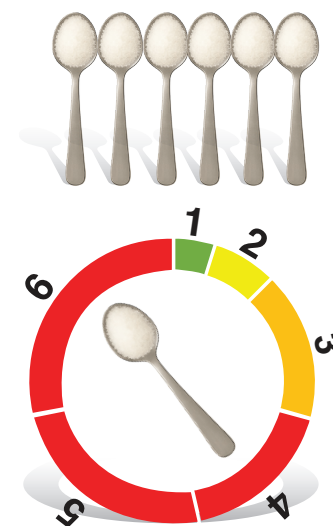


Moong Dal Payasam

Serving: 1 cup

6 tsp of sugar

100% of the daily allowance



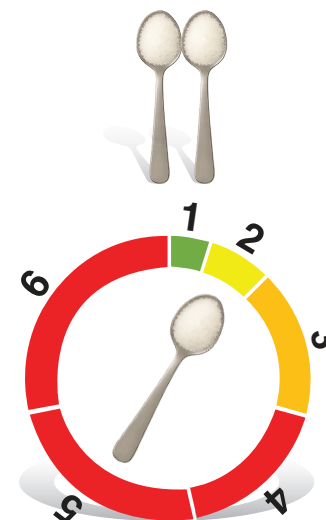


Unniyappam

Serving: 1 pc

2 tsp of sugar

33% of the daily allowance

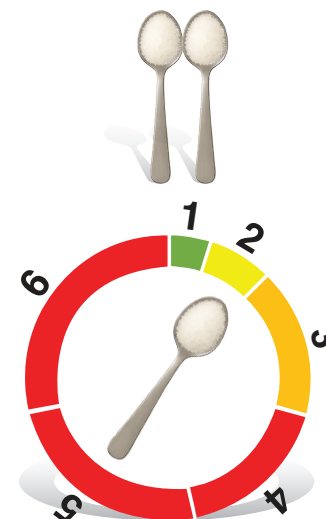


Vanilla Ice cream cup

Serving: 100ml

2 tsp of sugar

33% of the daily allowance



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Indian Sweets, Ice-Cream

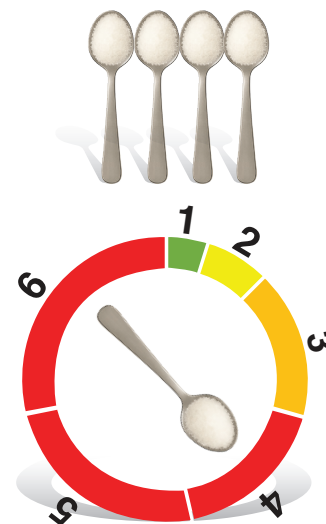


**Double Chocolate
Ice-Cream Cone**

Serving: **64g**

4 tsp of sugar

66% of the daily allowance

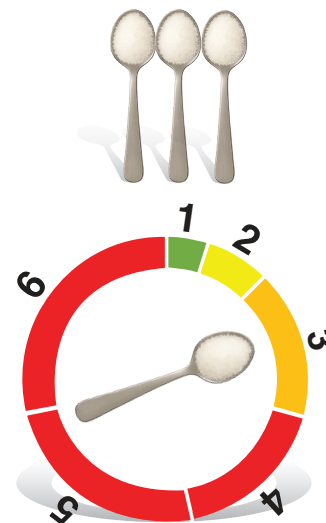


**Chocolate truffle
icecream stick**

Serving: **63g**

3 tsp of sugar

50% of the daily allowance



Disclaimer:

Nutritional values are published based on the information displayed on the product labels, which are publically available at the time of this publication. As the ingredients in the product may change from time to time, readers shall check the actual label of the products to determine the content of the sugar. Brand names, labels and trademarks of each product are proprietary and registered intellectual property rights of respective brand owners. The selection of the products, its use and reference is made only for identification of the product and to bring general awareness to public. Nothing in this booklet is intended to criticize, endorse or discourage the use of the products. Readers shall consult their dietician or doctors for rights advice for taking right diet based on their health condition. USV disclaims all the liabilities arising from the use the information provided herein

Disclaimer for Packaged Products

The sugar content displayed against each packaged products referred to in this material is taken directly from the ingredients disclosed on respective product labels is only for reference, where it is declared in grams and may vary based on the size of package, change in the ingredients. Readers are advised to check the actual label of the products to determine the actual content of the sugar. For ease of public understanding and practical application, the sugar values have been converted into teaspoons, using the standard equivalence of 1 teaspoon (tsp) of sugar = 4 grams of sugar. This information is intended solely for bringing general awareness among the public..

Ref. World Health Organization (WHO). WHO calls on countries to reduce sugars intake among adults and Available from: <https://www.who.int/news/item/04-03-2015-who-calls-on-countries-to-reduce-sugars-intake-among-adults-and-children>

Disclaimer for Indian Sweets

The sugar content provided for commonly consumed Indian sweets in this material is based on calculations derived from selected standard recipes, as referenced in the text. The reported values represent averages for both sugar content and portion size. Actual values may vary depending on household recipes, preparation methods, and ingredient variations.

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In uncontrolled T2DM with A1c >8.5%,

**Tri
CAREvolution**

with,

UDAPA-Trio

Dapagliflozin 10 mg + Sitagliptin 100 mg + Metformin 500 mg XR



**Tri
CAREvolution**



Abridged Prescribing Information

UDAPA-TRIO Forte, UDAPA-TRIO, Dapagliflozin, Sitagliptin & Metformin Hydrochloride Extended Release Tablets

Composition: Dapagliflozin 10 mg, Sitagliptin 100 mg & Metformin Hydrochloride Extended Release 1000 mg tablets Dapagliflozin propanediol monohydrate eq. To Dapagliflozin 10 mg Sitagliptin Phosphate Monohydrate IP Eq. Sitagliptin 100 mg Metformin Hydrochloride IP (as Extended Release) 1000 mg Dapagliflozin 10 mg, Sitagliptin 100 mg & Metformin Hydrochloride Extended Release 1000 mg tablets Dapagliflozin propanediol monohydrate eq. To Dapagliflozin 10 mg Sitagliptin Phosphate Monohydrate IP Eq. Sitagliptin 100 mg Metformin Hydrochloride IP (as Extended Release) 500 mg **Indication:** It is indicated as an adjunct to diet and exercise to improve Glycemic Control adults with type 2 diabetes mellitus **Recommended Dosage:** As directed by the physician. **Method of Administration:** Oral **Adverse Reactions:** Most common adverse reactions reported are: Dapagliflozin - Female genital mycotic infections, Nasopharyngitis, Urinary tract infections, Sitagliptin - Upper respiratory tract infection, nasopharyngitis and headache. Metformin - Diarrhea, nausea/vomiting, flatulence, asthenia, indigestion, abdominal discomfort, and headache. **Warnings and Precautions:** Dapagliflozin: Volume depletion; Ketoacidosis in patients with Diabetes Mellitus; Urosepsis and Pyelonephritis; Hypoglycemia; Genital mycotic infections Sitagliptin: General: Sitagliptin should not be used in patients with type 1 diabetes or for the treatment of Diabetic Ketoacidosis. Acute pancreatitis: Hypoglycemia is used in combinations when combined with other anti-hyperglycemic medicinal product; Renal impairment: Hypersensitivity reactions including anaphylaxis, angioedema, and exfoliative skin conditions - Steven johnson syndrome; Bullous pemphigoid Metformin Hydrochloride: Lactic acidosis; In case of dehydration (severe diarrhea or vomiting, fever or reduced fluid intake), metformin should be temporarily discontinued and contact with a healthcare professional is recommended. **Contraindications:** Hypersensitivity to the active substance of Dapagliflozin, Sitagliptin & Metformin or to any of the excipients listed. Any type of acute metabolic acidosis (such as lactic acidosis, diabetic ketoacidosis). Diabetic pre-coma; Severe renal failure (eGFR < 30ml/min); Acute conditions with the potential to alter renal function such as: Dehydration, Severe infection, Shock; Acute or chronic disease which may cause tissue hypoxia such as: Cardiac or respiratory failure. Recent myocardial infarction, Shock, Renal Impairment, Acute intoxication, Alcoholism. **Use in special population:** Pregnant women: Due to lack of human data, drugs should not be used during pregnancy. Lactating women: It should not be used during breastfeeding. Pediatric patients: The safety and efficacy of drugs has not yet been established. No data is available. Geriatric Patients: In patients >65 years, it should be used with caution as age increases. For Additional Information/full prescribing information, please write to us: USV Private Limited, Arvind Vitthal Gandhi Chowk, B.S.D Marg, Govandi, Mumbai - 400088 Last updated on 02/04/2024.

PV: In case of any adverse events, kindly contact:pv@usv.in For the use only of Registered Medical Practitioner or a Hospital or a Laboratory only



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In T2DM Across Continuum,

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STRONG

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Glycomet®-GP 0.5
Metformin Hydrochloride 500 mg SR + Glimepiride 0.5 mg

Glycomet®-GP 1
Metformin Hydrochloride 500 mg SR + Glimepiride 1 mg

Glycomet®-GP 2
Metformin Hydrochloride 500 mg SR + Glimepiride 2 mg



START STRONG with **LEADER**

Glycomet®-GP 0.5 FORTE
Metformin Hydrochloride 1000 mg SR + Glimepiride 0.5 mg

Glycomet®-GP 1 FORTE
Metformin Hydrochloride 1000 mg SR + Glimepiride 1 mg

Glycomet®-GP 2 FORTE
Metformin Hydrochloride 1000 mg SR + Glimepiride 2 mg

Glycomet®-GP 2/850
Metformin Hydrochloride 850 mg SR + Glimepiride 2 mg

Glycomet®-GP 3/850
Metformin Hydrochloride 850 mg SR + Glimepiride 3 mg

Glycomet®-GP 3 FORTE
Metformin Hydrochloride 1000 mg SR + Glimepiride 3 mg

Glycomet®-GP 4 FORTE
Metformin Hydrochloride 1000 mg SR + Glimepiride 4 mg

Abridged Prescribing Information

Active Ingredients: Metformin hydrochloride (as sustained release) and glimepiride tablets **Indication:** For the management of patients with type 2 diabetes mellitus when diet, exercise and single agent (glimepiride or metformin alone) do not result in adequate glycaemic control. **Dosage and Administration:** The recommended dose is one tablet daily during breakfast or the first main meal. Each tablet contains a fixed dose of glimepiride and Metformin Hydrochloride. The highest recommended dose per day should be 8 mg of glimepiride and 2000mg of metformin. Due to prolonged release formulation, the tablet must be swallowed whole and not crushed or chewed. **Adverse Reactions:** For Glimepiride: hypoglycaemia may occur, which may sometimes be prolonged. Occasionally, gastrointestinal (GI) symptoms such as nausea, vomiting, sensations of pressure or fullness in the epigastrium, abdominal pain and diarrhoea may occur. Hepatitis, elevation of liver enzymes, cholestasis and jaundice may occur; allergic reactions or pseudo allergic reactions may occur occasionally. For Metformin: GI symptoms such as nausea, vomiting, diarrhoea, abdominal pain, and loss of appetite are common during initiation of therapy and may resolve spontaneously in most cases. Metallic taste, mild erythema, decrease in Vit B12 absorption, very rarely lactic acidosis, Hemolytic anemia, Reduction of thyrotropin level in patients with hypothyroidism, Hypomagnesemia in the context of diarrhoea, Encephalopathy, Photosensitivity, hepatobiliary disorders. **Warnings and Precautions:** For Glimepiride: Patient should be advised to report promptly exceptional stress situations (e.g., trauma, surgery, febrile infections), blood glucose regulation may deteriorate, and a temporary change to insulin may be necessary to maintain good metabolic control. Metformin Hydrochloride may lead to Lactic acidosis; in such cases metformin should be temporarily discontinued and contact with a healthcare professional is recommended. Sulfonylureas have an increased risk of hypoglycaemia. Long-term treatment with metformin may lead to peripheral neuropathy because of decrease in vitamin B12 serum levels. Monitoring of the vitamin B12 level is recommended. Overweight patients should continue their energy-restricted diet, usual laboratory tests for diabetes monitoring should be performed regularly. **Contraindications:** Hypersensitivity to the active substance of glimepiride & Metformin or to any of the excipients listed. Any type of acute metabolic acidosis (such as lactic acidosis, diabetic ketoacidosis, diabetic pre-coma). Severe renal failure (GFR<30ml/min). In pregnant women. Acute conditions with the potential to alter renal function (dehydration, severe infection, shock, intravascular administration of iodinated contrast agents); acute or chronic disease which may cause tissue hypoxia (cardiac or respiratory failure, recent myocardial infarction, shock); hepatic insufficiency; acute alcohol intoxication; alcoholism. **Use in a special population:** Pregnant Women: Due to a lack of human data, drugs should not be used during pregnancy. Lactating Women: It should not be used during breastfeeding. Pediatric Patients: The safety and efficacy of drugs has not yet been established. Renal impairment: A GFR should be assessed before initiation of treatment with metformin containing products and at least annually thereafter. In patients at increased risk of further progression of renal impairment and in the elderly, renal function should be assessed more frequently, e.g. every 3-6 months.

Additional information is available on request.

Last updated: March 13, 2023

*In case of any adverse events, kindly contact: pv@usv.in

For the use of registered medical practitioner, hospital or laboratory.*



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