

# POLERGY BM Tablet

## Bilastine 20 mg + Montelukast 10 mg

Bilastine and Montelukast Tablet Uses – POLERGY BM Tablet is an effective anti-allergy medicine used for the treatment of allergic rhinitis, sneezing, runny nose, nasal congestion, and allergy-related breathing problems. This combination medicine is widely prescribed for managing seasonal allergies, chronic allergic rhinitis, and asthma-related allergy symptoms.

POLERGY BM Tablet contains Bilastine 20 mg and Montelukast 10 mg, a clinically proven combination that provides long-lasting relief from allergy symptoms. Bilastine works as a modern non-drowsy antihistamine while Montelukast blocks leukotrienes responsible for airway inflammation and allergic reactions.

**Manufactured & Marketed By: Green Cross Remedies**

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## Composition and Pharmacological Class

Composition Per Tablet	
Bilastine	20 mg – Non-sedating antihistamine
Montelukast Sodium	10 mg – Leukotriene receptor antagonist

## Bilastine Montelukast Tablet Uses

- Allergic rhinitis treatment
- Sneezing and runny nose relief
- Seasonal allergy management
- Nasal congestion due to allergy
- Chronic urticaria (skin allergy)
- Asthma allergy prevention
- Relief from itchy or watery eyes

## Mechanism of Action

**Bilastine:** Blocks histamine H1 receptors and reduces itching, sneezing, and runny nose symptoms.

**Montelukast:** Blocks leukotriene receptors that cause airway inflammation and allergy-induced asthma symptoms.

## ***Dosage and Administration***

Recommended dosage should always be determined by a healthcare professional. Generally one tablet once daily, preferably in the evening, with or without food. Swallow the tablet with water and follow the doctor's instructions.

## ***Benefits***

- Effective relief from allergy symptoms
- Reduces sneezing and nasal congestion
- Helps control seasonal allergies
- Prevents allergy-induced asthma symptoms
- Non-drowsy antihistamine action

## ***Possible Side Effects***

- Headache
- Mild dizziness
- Stomach discomfort
- Fatigue
- Dry mouth

## ***Storage Instructions***

Store below 25°C. Keep in a dry place away from direct sunlight. Keep out of reach of children.

**MRP: Rs. 149.72 per 10 Tablets**

## **DISCLAIMER**

**This information is intended for the use of Registered Medical Practitioners, Hospitals, Medical Stores, Pharma Agencies, Healthcare Professionals, Pharmaceutical Company Field Staff, and Pharmacies Only.**

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