

**ANNEX I**

**SUMMARY OF PRODUCT CHARACTERISTICS**

## 1. NAME OF THE MEDICINAL PRODUCT

Twynsta 40 mg/5 mg tablets

## 2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Each tablet contains 40 mg telmisartan and 5 mg amlodipine (as amlodipine besilate).

### Excipient(s) with known effect:

Each tablet contains 168.64 mg sorbitol (E420).

For the full list of excipients, see section 6.1.

## 3. PHARMACEUTICAL FORM

Tablet

Blue and white oval shaped two layer tablets engraved with the product code A1 and the company logo on the white layer.

## 4. CLINICAL PARTICULARS

### 4.1 Therapeutic indications

Treatment of essential hypertension in adults:

#### Add on therapy

Twynsta 40 mg/5 mg is indicated in adults whose blood pressure is not adequately controlled on amlodipine 5 mg alone.

#### Replacement therapy

Adult patients receiving telmisartan and amlodipine from separate tablets can instead receive tablets of Twynsta containing the same component doses.

### 4.2 Posology and method of administration

#### Posology

The recommended dose of this medicinal product is one tablet per day.

The maximum recommended dose is one tablet 80 mg telmisartan/10 mg amlodipine per day. This medicinal product is indicated for long term treatment.

Administration of amlodipine with grapefruit or grapefruit juice is not recommended as bioavailability may be increased in some patients resulting in increased blood pressure lowering effects (see section 4.5).

#### Add on therapy

Twynsta 40 mg/5 mg may be administered in patients whose blood pressure is not adequately controlled with amlodipine 5 mg alone.

Individual dose titration with the components (i.e. amlodipine and telmisartan) is recommended before changing to the fixed dose combination. When clinically appropriate, direct change from monotherapy to the fixed combination may be considered.

Patients treated with 10 mg amlodipine who experience any dose limiting adverse reactions such as oedema, may be switched to Twynsta 40 mg/5 mg once daily, reducing the dose of amlodipine without reducing the overall expected antihypertensive response.

#### Replacement therapy

Patients receiving telmisartan and amlodipine from separate tablets can instead receive tablets of Twynsta containing the same component doses in one tablet once daily.

#### Elderly (> 65 years)

No dose adjustment is necessary for elderly patients. Little information is available in the very elderly patients.

#### Renal impairment

Limited experience is available in patients with severe renal impairment or haemodialysis. Caution is advised when using telmisartan/amlodipine in such patients as amlodipine and telmisartan are not dialysable (see also section 4.4).

No posology adjustment is required for patients with mild to moderate renal impairment.

#### Hepatic impairment

Twynsta is contraindicated in patients with severe hepatic impairment (see section 4.3).

In patients with mild to moderate hepatic impairment telmisartan/amlodipine should be administered with caution. For telmisartan the posology should not exceed 40 mg once daily (see section 4.4).

#### Paediatric population

The safety and efficacy of telmisartan/amlodipine in children aged below 18 years have not been established. No data are available.

#### Method of administration

Oral use.

Twynsta can be taken with or without food. It is recommended to take Twynsta with some liquid.

### **4.3 Contraindications**

- Hypersensitivity to the active substances, to dihydropyridine derivatives, or to any of the excipients listed in section 6.1
- Second and third trimesters of pregnancy (see sections 4.4 and 4.6)
- Biliary obstructive disorders and severe hepatic impairment
- Shock (including cardiogenic shock)
- Obstruction of the outflow tract of the left ventricle (e.g. high grade aortic stenosis)
- Haemodynamically unstable heart failure after acute myocardial infarction

The concomitant use of telmisartan/amlodipine with aliskiren-containing products is contraindicated in patients with diabetes mellitus or renal impairment ( $GFR < 60 \text{ ml/min/1.73 m}^2$ ) (see sections 4.5 and 5.1).

### **4.4 Special warnings and precautions for use**

#### Pregnancy

Angiotensin II receptor antagonists should not be initiated during pregnancy. Unless continued angiotensin II receptor antagonist therapy is considered essential, patients planning pregnancy should be changed to alternative antihypertensive treatments which have an established safety profile for use in pregnancy. When pregnancy is diagnosed, treatment with angiotensin II receptor antagonists should be stopped immediately, and, if appropriate, alternative therapy should be started (see section 4.3 and 4.6).

### Hepatic impairment

Telmisartan is mostly eliminated in the bile. Patients with biliary obstructive disorders or hepatic insufficiency can be expected to have reduced clearance. Furthermore as with all calcium antagonists, amlodipine half-life is prolonged in patients with impaired liver function and dose recommendations have not been established. telmisartan/amlodipine should therefore be used with caution in these patients.

### Renovascular hypertension

There is an increased risk of severe hypotension and renal insufficiency when patients with bilateral renal artery stenosis or stenosis of the artery to a single functioning kidney are treated with medicinal products that affect the renin-angiotensin-aldosterone system (RAAS).

### Renal impairment and kidney transplantation

When telmisartan/amlodipine is used in patients with impaired renal function, a periodic monitoring of potassium and creatinine serum levels is recommended. There is no experience regarding the administration of telmisartan/amlodipine in patients with a recent kidney transplant. Telmisartan and amlodipine are not dialysable.

### Intravascular hypovolaemia

Symptomatic hypotension, especially after the first dose, may occur in patients who are volume and/or sodium depleted by e.g. vigorous diuretic therapy, dietary salt restriction, diarrhoea or vomiting. Such conditions should be corrected before the administration of telmisartan. If hypotension occurs with telmisartan/amlodipine, the patient should be placed in the supine position and, if necessary, given an intravenous infusion of normal saline. Treatment can be continued once blood pressure has been stabilised.

### Dual blockade of the renin-angiotensin-aldosterone system (RAAS)

There is evidence that the concomitant use of ACE-inhibitors, angiotensin II receptor blockers or aliskiren increases the risk of hypotension, hyperkalaemia and decreased renal function (including acute renal failure). Dual blockade of RAAS through the combined use of ACE-inhibitors, angiotensin II receptor blockers or aliskiren is therefore not recommended (see sections 4.5 and 5.1).

If dual blockade therapy is considered absolutely necessary, this should only occur under specialist supervision and subject to frequent close monitoring of renal function, electrolytes and blood pressure. ACE-inhibitors and angiotensin II receptor blockers should not be used concomitantly in patients with diabetic nephropathy.

### Other conditions with stimulation of the renin-angiotensin-aldosterone system

In patients whose vascular tone and renal function depend predominantly on the activity of the renin-angiotensin-aldosterone system (e.g. patients with severe congestive heart failure or underlying renal disease, including renal artery stenosis), treatment with medicinal products that affect this system has been associated with acute hypotension, hyperazotaemia, oliguria, or rarely acute renal failure (see section 4.8).

### Primary aldosteronism

Patients with primary aldosteronism generally will not respond to antihypertensive medicinal products acting through inhibition of the renin-angiotensin system. Therefore, the use of telmisartan is not recommended.

### Aortic and mitral valve stenosis, obstructive hypertrophic cardiomyopathy

As with other vasodilators, special caution is indicated in patients suffering from aortic or mitral stenosis, or obstructive hypertrophic cardiomyopathy.

### Unstable angina pectoris, acute myocardial infarction

There are no data to support the use of telmisartan/amlodipine in unstable angina pectoris and during or within one month of a myocardial infarction.

### Heart failure

In a long-term, placebo controlled study (PRAISE-2) of amlodipine in patients with NYHA III and IV heart failure of non-ischaemic aetiology, amlodipine was associated with increased reports of pulmonary oedema despite no significant difference in the incidence of worsening heart failure as compared to placebo (see section 5.1).

### Diabetic patients treated with insulin or antidiabetics

In these patients hypoglycaemia may occur under telmisartan treatment. Therefore, in these patients an appropriate blood glucose monitoring should be considered; a dose adjustment of insulin or antidiabetics may be required when indicated.

### Hyperkalaemia

The use of medicinal products that affect the renin-angiotensin-aldosterone system may cause hyperkalaemia. Hyperkalaemia may be fatal in the elderly, in patients with renal insufficiency, in diabetic patients, in patients concomitantly treated with other medicinal products that may increase potassium levels, and/or in patients with intercurrent events.

Before considering the concomitant use of medicinal products that affect the renin-angiotensin-aldosterone system, the benefit risk ratio should be evaluated.

The main risk factors for hyperkalaemia to be considered are:

- Diabetes mellitus, renal impairment, age (>70 years)
- Combination with one or more other medicinal products that affect the renin-angiotensin-aldosterone system and/or potassium supplements. Medicinal products or therapeutic classes of medicinal products that may provoke hyperkalaemia are salt substitutes containing potassium, potassium-sparing diuretics, ACE inhibitors, angiotensin II receptor antagonists, non steroidal anti-inflammatory medicinal products (NSAIDs, including selective COX-2 inhibitors), heparin, immunosuppressives (cyclosporin or tacrolimus), and trimethoprim.
- Intercurrent events, in particular dehydration, acute cardiac decompensation, metabolic acidosis, worsening of renal function, sudden worsening of the renal condition (e.g. infectious diseases), cellular lysis (e.g. acute limb ischemia, rhabdomyolysis, extensive trauma).

Serum potassium should be monitored closely in these patients (see section 4.5).

### Sorbitol

This medicine contains 168.64 mg sorbitol in each tablet.

### Other

As with any antihypertensive medicinal product, excessive reduction of blood pressure in patients with ischaemic cardiomyopathy or ischaemic cardiovascular disease could result in a myocardial infarction or stroke.

## **4.5 Interaction with other medicinal products and other forms of interaction**

No interactions between the two components of this fixed dose combinations have been observed in clinical studies.

### Interactions common to the combination

No drug interaction studies have been performed.

### To be taken into account with concomitant use

#### *Other antihypertensive medicinal products*

The blood pressure lowering effect of telmisartan/amlodipine can be increased by concomitant use of other antihypertensive medicinal products.

### *Medicinal products with blood pressure lowering potential*

Based on their pharmacological properties it can be expected that the following medicinal products may potentiate the hypotensive effects of all antihypertensives including this medicinal product, e.g. baclofen, amifostine, neuroleptics or antidepressants. Furthermore, orthostatic hypotension may be aggravated by alcohol.

### *Corticosteroids (systemic route)*

Reduction of the antihypertensive effect.

### Interactions linked to telmisartan

#### *Concomitant use not recommended*

##### *Potassium sparing diuretics or potassium supplements*

Angiotensin II receptor antagonists such as telmisartan, attenuate diuretic induced potassium loss. Potassium sparing diuretics e.g. spironolactone, eplerenone, triamterene, or amiloride, potassium supplements, or potassium-containing salt substitutes may lead to a significant increase in serum potassium. If concomitant use is indicated because of documented hypokalaemia, they should be used with caution and with frequent monitoring of serum potassium.

##### *Lithium*

Reversible increases in serum lithium concentrations and toxicity have been reported during concomitant administration of lithium with angiotensin converting enzyme inhibitors, and with angiotensin II receptor antagonists, including telmisartan. If use of the combination proves necessary, careful monitoring of serum lithium levels is recommended.

##### *Other antihypertensive agents acting on the renin-angiotensin-aldosterone system (RAAS)*

Clinical trial data has shown that dual blockade of the renin-angiotensin-aldosterone system (RAAS) through the combined use of ACE-inhibitors, angiotensin II receptor blockers or aliskiren is associated with a higher frequency of adverse events such as hypotension, hyperkalaemia and decreased renal function (including acute renal failure) compared to the use of a single RAAS-acting agent (see sections 4.3, 4.4 and 5.1).

#### *Concomitant use requiring caution*

##### *Non-steroidal anti-inflammatory medicinal products*

NSAIDs (i.e. acetylsalicylic acid at anti-inflammatory dosage regimens, COX-2 inhibitors and non-selective NSAIDs) may reduce the antihypertensive effect of angiotensin II receptor antagonists. In some patients with compromised renal function (e.g. dehydrated patients or elderly patients with compromised renal function), the co-administration of angiotensin II receptor antagonists and medicinal products that inhibit cyclo-oxygenase may result in further deterioration of renal function, including possible acute renal failure, which is usually reversible. Therefore, the combination should be administered with caution, especially in the elderly. Patients should be adequately hydrated and consideration should be given to monitoring of renal function after initiation of concomitant therapy and periodically thereafter.

##### *Ramipril*

In one study the co-administration of telmisartan and ramipril led to an increase of up to 2.5 fold in the AUC<sub>0-24</sub> and C<sub>max</sub> of ramipril and ramiprilat. The clinical relevance of this observation is not known.

#### *Concomitant use to be taken into account*

##### *Digoxin*

When telmisartan was co-administered with digoxin, median increases in digoxin peak plasma concentration (49 %) and in trough concentration (20 %) were observed. When initiating, adjusting, and discontinuing telmisartan, monitor digoxin levels in order to maintain levels within the therapeutic range.

## Interactions linked to amlodipine

### Concomitant use requiring caution

#### *CYP3A4 inhibitors*

With concomitant use with the CYP3A4 inhibitor erythromycin in young patients and diltiazem in elderly patients respectively, the plasma concentration of amlodipine increased by 22 % and 50 % respectively. However, the clinical relevance of this finding is uncertain. It cannot be ruled out that strong inhibitors of CYP3A4 (i.e. ketoconazole, itraconazole, ritonavir) may increase the plasma concentrations of amlodipine to a greater extent than diltiazem. Amlodipine should be used with caution together with CYP3A4 inhibitors. However, no adverse events attributable to such interaction have been reported.

#### *CYP3A4 inducers*

Upon co-administration of known inducers of the CYP3A4, the plasma concentration of amlodipine may vary. Therefore, blood pressure should be monitored and dose regulation considered both during and after concomitant medication particularly with strong CYP3A4 inducers (e.g. rifampicin, hypericum perforatum).

#### *Grapefruit and grapefruit juice*

Concomitant administration of 240 ml of grapefruit juice with a single oral dose of 10 mg amlodipine in 20 healthy volunteers did not show a significant effect on the pharmacokinetic properties of amlodipine. The concomitant use of amlodipine and grapefruit or grapefruit juice is still not recommended in patients as the bioavailability of amlodipine may increase in some and may result in increased hypotensive effects.

### Concomitant use to be taken into account

#### *Tacrolimus*

There is a risk of increased tacrolimus blood levels when co-administered with amlodipine but the pharmacokinetic mechanism of this interaction is not fully understood. In order to avoid toxicity of tacrolimus, administration of amlodipine in a patient treated with tacrolimus requires monitoring of tacrolimus blood levels and dose adjustment of tacrolimus when appropriate.

#### *Cyclosporine*

No drug interaction studies have been conducted with cyclosporine and amlodipine in healthy volunteers or other populations with the exception of renal transplant patients, where variable trough concentration increases (average 0% - 40%) of cyclosporine were observed. Consideration should be given for monitoring cyclosporine levels in renal transplant patients on amlodipine, and cyclosporine dose reductions should be made as necessary.

#### *Simvastatin*

Co-administration of multiple doses of amlodipine with simvastatin 80 mg resulted in an increase in exposure to simvastatin up to 77 % compared to simvastatin alone. Therefore, the dose of simvastatin in patients on amlodipine should be limited to 20 mg daily.

#### *Others*

Amlodipine has been safely administered with digoxin, warfarin, atorvastatin, sildenafil, anti-acid medicinal products (aluminium hydroxide, magnesium hydroxide, simeticone), cimetidine, antibiotics and oral hypoglycaemic medicinal products. When amlodipine and sildenafil were used in combination, each agent independently exerted its own blood pressure lowering effect.

## 4.6 Fertility, pregnancy and lactation

### Pregnancy

There are limited data from the use of telmisartan/amlodipine in pregnant women. Animal reproductive toxicity studies with telmisartan/amlodipine have not been performed.

#### *Telmisartan*

The use of angiotensin II receptor antagonists is not recommended during the first trimester of pregnancy (see section 4.4). The use of angiotensin II receptor antagonists is contraindicated during the second and third trimesters of pregnancy (see sections 4.3 and 4.4).

Studies with telmisartan in animals have shown reproductive toxicity (see section 5.3).

Epidemiological evidence regarding the risk of teratogenicity following exposure to ACE inhibitors during the first trimester of pregnancy has not been conclusive; however a small increase in risk cannot be excluded. Whilst there is no controlled epidemiological data on the risk with angiotensin II receptor antagonists, similar risks may exist for this class of medicinal products. Unless continued angiotensin II receptor antagonist therapy is considered essential, patients planning pregnancy should be changed to alternative antihypertensive treatments which have an established safety profile for use in pregnancy. When pregnancy is diagnosed, treatment with angiotensin II receptor antagonists should be stopped immediately, and, if appropriate, alternative therapy should be started.

Exposure to angiotensin II receptor antagonist therapy during the second and third trimesters is known to induce human fetotoxicity (decreased renal function, oligohydramnios, skull ossification retardation) and neonatal toxicity (renal failure, hypotension, hyperkalaemia) (see section 5.3).

Should exposure to angiotensin II receptor antagonists have occurred from the second trimester of pregnancy, ultrasound check of renal function and skull is recommended.

Infants whose mothers have taken angiotensin II receptor antagonists should be closely observed for hypotension (see sections 4.3 and 4.4).

#### *Amlodipine*

Data on a limited number of exposed pregnancies do not indicate that amlodipine or other calcium receptor antagonists have a harmful effect on the health of the fetus. However, there may be a risk of prolonged delivery.

### Breast-feeding

Amlodipine is excreted in human milk. The proportion of the maternal dose received by the infant has been estimated with an interquartile range of 3 – 7%, with a maximum of 15%. The effect of amlodipine on infants is unknown.

Because no information is available regarding the use of telmisartan during breast-feeding, telmisartan/amlodipine is not recommended and alternative treatments with better established safety profiles during breast-feeding are preferable, especially while breast-feeding a newborn or preterm infant.

### Fertility

No data from controlled clinical studies with the fixed dose combination or with the individual components are available.

Separate reproductive toxicity studies with the combination of telmisartan and amlodipine have not been conducted.

In preclinical studies, no effects of telmisartan on male and female fertility were observed.

Similarly, no effects on male and female fertility were reported for amlodipine (see section 5.3).



Reversible biochemical changes in the head of spermatozoa which can impair fecundation have been observed for calcium channel blockers in preclinical and *in vitro* studies. No clinical relevance has been established.

#### 4.7 Effects on ability to drive and use machines

This medicinal product has moderate influence on the ability to drive and use machines. Patients should be advised that they may experience adverse reactions such as syncope, somnolence, dizziness, or vertigo during treatment (see section 4.8). Therefore, caution should be recommended when driving a car or using machines. If patients experience these adverse reactions, they should avoid potentially hazardous tasks such as driving or using machines.

#### 4.8 Undesirable effects

##### Summary of the safety profile

The most common adverse reactions include dizziness and peripheral oedema. Serious syncope may occur rarely (less than 1 case per 1,000 patients).

Adverse reactions previously reported with one of the individual components (telmisartan or amlodipine) may be potential adverse reactions with Twynsta as well, even if not observed in clinical trials or during the post-marketing period.

##### Tabulated list of adverse reactions

The safety and tolerability of Twynsta has been evaluated in five controlled clinical studies with over 3,500 patients, over 2,500 of whom received telmisartan in combination with amlodipine.

Adverse reactions have been ranked under headings of frequency using the following convention: very common ( $\geq 1/10$ ); common ( $\geq 1/100$  to  $< 1/10$ ); uncommon ( $\geq 1/1,000$  to  $< 1/100$ ); rare ( $\geq 1/10,000$  to  $< 1/1,000$ ); very rare ( $< 1/10,000$ ), not known (cannot be estimated from the available data).

Within each frequency grouping, adverse reactions are presented in order of decreasing seriousness.

System Organ Class	Twynsta	Telmisartan	Amlodipine
<b><i>Infections and infestations</i></b>			
Uncommon		upper respiratory tract infection including pharyngitis and sinusitis, urinary tract infection including cystitis	
Rare	cystitis	sepsis including fatal outcome <sup>1</sup>	
<b><i>Blood and lymphatic system disorders:</i></b>			
Uncommon		anaemia	
Rare		thrombocytopenia, eosinophilia	
Very rare			leukocytopenia, thrombocytopenia

<b><i>Immune system disorders:</i></b>			
Rare		hypersensitivity, anaphylactic reaction	
Very rare			hypersensitivity
<b><i>Metabolism and nutrition disorders</i></b>			
Uncommon		hyperkalaemia	
Rare		hypoglycaemia (in diabetic patients)	
Very rare			hyperglycaemia
<b><i>Psychiatric disorders</i></b>			
Uncommon			mood change
Rare	depression, anxiety, insomnia		confusion
<b><i>Nervous system disorders</i></b>			
Common	dizziness		
Uncommon	somnolence, migraine, headache, paraesthesia		
Rare	syncope, peripheral neuropathy, hypoesthesia, dysgeusia, tremor		
Very rare			extrapyramidal syndrome
<b><i>Eye disorders</i></b>			
Uncommon			visual impairment
Rare		visual disturbance	
<b><i>Ear and labyrinth disorders</i></b>			
Uncommon	vertigo		tinnitus
<b><i>Cardiac disorders</i></b>			
Uncommon	bradycardia, palpitations		
Rare		tachycardia	
Very rare			myocardial infarction, arrhythmia, ventricular

			tachycardia, atrial fibrillation
<b><i>Vascular disorders</i></b>			
Uncommon	hypotension, orthostatic hypotension, flushing		
Very rare			vasculitis
<b><i>Respiratory, thoracic and mediastinal disorders</i></b>			
Uncommon	cough	dyspnoea	dyspnoea, rhinitis
Very rare	interstitial lung disease <sup>3</sup>		
<b><i>Gastrointestinal disorder</i></b>			
Uncommon	abdominal pain, diarrhoea, nausea	flatulence	change of bowel habit
Rare	vomiting, gingival hypertrophy, dyspepsia, dry mouth	stomach discomfort	
Very rare			pancreatitis, gastritis
<b><i>Hepato-biliary disorders</i></b>			
Rare		hepatic function abnormal, liver disorder <sup>2</sup>	
Very rare			hepatitis, jaundice, hepatic enzyme elevations (mostly consistent with cholestasis)
<b><i>Skin and subcutaneous tissue disorders</i></b>			
Uncommon	pruritus	hyperhidrosis	alopecia, purpura, skin discolouration, hyperhidrosis
Rare	eczema, erythema, rash	angioedema (with fatal outcome), drug eruption, toxic skin eruption, urticaria	
Very rare			angioedema, erythema multiforme, urticaria, exfoliative dermatitis, Stevens-Johnson syndrome,

			photosensitivity
Not known			toxic epidermal necrolysis
<b><i>Musculoskeletal and connective tissue disorders</i></b>			
Uncommon	arthralgia, muscle spasms (cramps in legs), myalgia		
Rare	back pain, pain in extremity (leg pain)	tendon pain (tendinitis like symptoms)	
<b><i>Renal and urinary disorders</i></b>			
Uncommon		renal impairment including acute renal failure	micturition disorder, pollakiuria
Rare	nocturia		
<b><i>Reproductive system and breast disorders</i></b>			
Uncommon	erectile dysfunction		gynaecomastia
<b><i>General disorders and administration site condition</i></b>			
Common	peripheral oedema		
Uncommon	asthenia, chest pain, fatigue, oedema		pain
Rare	malaise	influenza-like illness	
<b><i>Investigations</i></b>			
Uncommon	hepatic enzymes increased	blood creatinine increased	weight increased, weight decreased
Rare	blood uric acid increased	blood creatine phosphokinase increased, haemoglobin decreased	

<sup>1</sup>: the event may be a chance finding or related to a mechanism currently not known

<sup>2</sup>: most cases of hepatic function abnormal / liver disorder from post-marketing experience with telmisartan occurred in Japanese patients. Japanese patients are more likely to experience these adverse reactions.

<sup>3</sup>: cases of interstitial lung disease (predominantly interstitial pneumonia and eosinophilic pneumonia) have been reported from post-marketing experience with telmisartan

### Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicinal product is important. It allows continued monitoring of the benefit/risk balance of the medicinal product. Healthcare professionals are asked to report any suspected adverse reactions via the national reporting system listed in [Appendix V\\*](#).

## **4.9 Overdose**

### Symptoms

Signs and symptoms of overdose are expected to be in line with exaggerated pharmacological effects. The most prominent manifestations of telmisartan overdose are expected to be hypotension and tachycardia; bradycardia, dizziness, increase in serum creatinine, and acute renal failure have also been reported.

Overdose with amlodipine may result in excessive peripheral vasodilatation and possibly reflex tachycardia. Marked and probably prolonged systemic hypotension up to and including shock with fatal outcome have been reported.

### Treatment

The patient should be closely monitored, and the treatment should be symptomatic and supportive. Management depends on the time since ingestion and the severity of the symptoms. Suggested measures include induction of emesis and / or gastric lavage. Activated charcoal may be useful in the treatment of overdose of both telmisartan and amlodipine.

Serum electrolytes and creatinine should be monitored frequently. If hypotension occurs, the patient should be placed in a supine position with elevation of extremities, with salt and volume replacement given quickly. Supportive treatment should be instituted. Intravenous calcium gluconate may be beneficial in reversing the effects of calcium channel blockade. Telmisartan and Amlodipine are not removed by haemodialysis.

## **5. PHARMACOLOGICAL PROPERTIES**

### **5.1 Pharmacodynamic properties**

Pharmacotherapeutic group: Agents acting on the renin-angiotensin system, angiotensin II antagonists and calcium channel blockers; ATC Code: C09DB04.

Twynsta combines two antihypertensive compounds with complementary mechanisms to control blood pressure in patients with essential hypertension: an angiotensin II receptor antagonist, telmisartan, and a dihydropyridinic calcium channel blocker, amlodipine.

The combination of these substances has an additive antihypertensive effect, reducing blood pressure to a greater degree than either component alone.

Twynsta once daily produces effective and consistent reductions in blood pressure across the 24-hour therapeutic dose range.

### Telmisartan

Telmisartan is an orally active and specific angiotensin II receptor (type AT<sub>1</sub>) antagonist. Telmisartan displaces angiotensin II with very high affinity from its binding site at the AT<sub>1</sub> receptor subtype, which is responsible for the known actions of angiotensin II. Telmisartan does not exhibit any partial agonist activity at the AT<sub>1</sub> receptor. Telmisartan selectively binds the AT<sub>1</sub> receptor. The binding is long-lasting. Telmisartan does not show affinity for other receptors, including AT<sub>2</sub> and other less characterised AT receptors. The functional role of these receptors is not known, nor is the effect of their possible overstimulation by angiotensin II, whose levels are increased by telmisartan. Plasma aldosterone levels are decreased by telmisartan. Telmisartan does not inhibit human plasma renin or block ion channels. Telmisartan does not inhibit angiotensin converting enzyme (kininase II), the enzyme which also degrades bradykinin. Therefore it is not expected to potentiate bradykinin-mediated adverse reactions.

In humans, an 80 mg dose of telmisartan almost completely inhibits the angiotensin II evoked blood pressure increase. The inhibitory effect is maintained over 24 hours and still measurable up to 48 hours.

After the first dose of telmisartan, the antihypertensive activity gradually becomes evident within 3 hours. The maximum reduction in blood pressure is generally attained 4 to 8 weeks after the start of treatment and is sustained during long-term therapy.

The antihypertensive effect persists constantly over 24 hours after dosing and includes the last 4 hours before the next dose as shown by ambulatory blood pressure measurements. This is confirmed by trough to peak ratios consistently above 80 % seen after doses of 40 and 80 mg of telmisartan in placebo controlled clinical studies. There is an apparent trend to a dose relationship to a time to recovery of baseline systolic blood pressure. In this respect data concerning diastolic blood pressure are inconsistent.

In patients with hypertension telmisartan reduces both systolic and diastolic blood pressure without affecting pulse rate. The contribution of the medicinal product's diuretic and natriuretic effect to its hypotensive activity has still to be defined. The antihypertensive efficacy of telmisartan is comparable to that of substances representative of other classes of antihypertensive medicinal products (demonstrated in clinical trials comparing telmisartan to amlodipine, atenolol, enalapril, hydrochlorothiazide, and lisinopril).

Upon abrupt cessation of treatment with telmisartan, blood pressure gradually returns to pre-treatment values over a period of several days without evidence of rebound hypertension.

The incidence of dry cough was significantly lower in patients treated with telmisartan than in those given angiotensin converting enzyme inhibitors in clinical trials directly comparing the two antihypertensive treatments.

Two large randomised, controlled trials (ONTARGET (ONgoing Telmisartan Alone and in combination with Ramipril Global Endpoint Trial) and VA NEPHRON-D (The Veterans Affairs Nephropathy in Diabetes)) have examined the use of the combination of an ACE-inhibitor with an angiotensin II receptor blocker.

ONTARGET was a study conducted in patients with a history of cardiovascular or cerebrovascular disease, or type 2 diabetes mellitus accompanied by evidence of end-organ damage. VA NEPHRON-D was a study in patients with type 2 diabetes mellitus and diabetic nephropathy.

These studies have shown no significant beneficial effect on renal and/or cardiovascular outcomes and mortality, while an increased risk of hyperkalaemia, acute kidney injury and/or hypotension as compared to monotherapy was observed. Given their similar pharmacodynamic properties, these results are also relevant for other ACE-inhibitors and angiotensin II receptor blockers.

ACE-inhibitors and angiotensin II receptor blockers should therefore not be used concomitantly in patients with diabetic nephropathy.

ALTITUDE (Aliskiren Trial in Type 2 Diabetes Using Cardiovascular and Renal Disease Endpoints) was a study designed to test the benefit of adding aliskiren to a standard therapy of an ACE-inhibitor or an angiotensin II receptor blocker in patients with type 2 diabetes mellitus and chronic kidney disease, cardiovascular disease, or both. The study was terminated early because of an increased risk of adverse outcomes. Cardiovascular death and stroke were both numerically more frequent in the aliskiren group than in the placebo group and adverse events and serious adverse events of interest (hyperkalaemia, hypotension and renal dysfunction) were more frequently reported in the aliskiren group than in the placebo group.

### Amlodipine

Amlodipine is a calcium ion influx inhibitor of the dihydropyridine group (slow channel blocker or calcium ion antagonist) and inhibits the transmembrane influx of calcium ions into cardiac and vascular smooth muscle. The mechanism of the antihypertensive action of amlodipine is due to a direct relaxant effect on vascular smooth muscle, leading to reductions in peripheral vascular resistance and in blood pressure. Experimental data indicate that amlodipine binds to both dihydropyridine and non-

dihydropyridine binding sites. Amlodipine is relatively vessel-selective, with a greater effect on vascular smooth muscle cells than on cardiac muscle cells.

In patients with hypertension, once daily dosing provides clinically significant reductions of blood pressure in both the supine and standing positions throughout the 24 hour interval. Due to the slow onset of action, acute hypotension is not a feature of amlodipine administration.

In hypertensive patients with normal renal function, therapeutic doses of amlodipine resulted in a decrease in renal vascular resistance and an increase in glomerular filtration rate and effective renal plasma flow, without change in filtration fraction or proteinuria.

Amlodipine has not been associated with any adverse metabolic effects or changes in plasma lipids and is suitable for use in patients with asthma, diabetes, and gout.

Use in patients with heart failure

Haemodynamic studies and exercise based controlled clinical trials in NYHA Class II-IV heart failure patients have shown that amlodipine did not lead to clinical deterioration as measured by exercise tolerance, left ventricular ejection fraction and clinical symptomatology.

A placebo controlled study (PRAISE) designed to evaluate patients in NYHA Class III-IV heart failure receiving digoxin, diuretics and ACE inhibitors has shown that amlodipine did not lead to an increase in risk of mortality or combined mortality and morbidity with heart failure.

In a follow-up, long term, placebo controlled study (PRAISE-2) of amlodipine in patients with NYHA III and IV heart failure without clinical symptoms or objective findings suggestive of underlying ischaemic disease, on stable doses of ACE inhibitors, digitalis, and diuretics, amlodipine had no effect on total cardiovascular mortality. In this same population amlodipine was associated with increased reports of pulmonary oedema despite no significant difference in the incidence of worsening heart failure as compared to placebo.

#### Telmisartan/Amlodipine

In an 8-week multicenter, randomised, double-blind, placebo-controlled, parallel group factorial study in 1461 patients with mild to severe hypertension (mean seated diastolic blood pressure  $\geq 95$  and  $\leq 119$  mmHg), treatment with each combination dose of Twynsta resulted in significantly greater diastolic and systolic blood pressure reductions and higher control rates compared to the respective monotherapy components.

Twynsta showed dose-related reductions in systolic/diastolic blood pressure across the therapeutic dose range of  $-21.8/-16.5$  mmHg (40 mg/5 mg),  $-22.1/-18.2$  mmHg (80 mg/5 mg),  $-24.7/-20.2$  mmHg (40 mg/10 mg) and  $-26.4/-20.1$  mmHg (80 mg/10 mg). The reduction in diastolic blood pressure  $< 90$  mmHg was achieved in 71.6 %, 74.8 %, 82.1 %, 85.3 % of patients respectively. Values are adjusted for baseline and country.

The majority of the antihypertensive effect was attained within 2 weeks after initiation of therapy.

In a subset of 1050 patients with moderate to severe hypertension (DBP  $\geq 100$  mmHg) 32.7 - 51.8 % responded sufficiently to monotherapy of either telmisartan or amlodipine. The observed mean changes in systolic/diastolic blood pressure with a combination therapy containing amlodipine 5 mg ( $-22.2/-17.2$  mmHg with 40 mg/5 mg;  $-22.5/-19.1$  mmHg with 80 mg/5 mg) were comparable to or greater than those seen with amlodipine 10 mg ( $-21.0/-17.6$  mmHg) and associated with significant lower oedema rates (1.4 % with 40 mg/5 mg; 0.5 % with 80 mg/5 mg; 17.6 % with amlodipine 10 mg).

Automated ambulatory blood pressure monitoring (ABPM) performed in a subset of 562 patients confirmed the results seen with in-clinic systolic and diastolic blood pressure reductions consistently over the entire 24-hours dosing period.

In a further multicentre, randomised, double-blind, active-controlled, parallel group study, a total of 1097 patients with mild to severe hypertension who were not adequately controlled on amlodipine 5 mg received Twynsta (40 mg/5 mg or 80 mg/5 mg) or amlodipine alone (5 mg or 10 mg). After 8 weeks of treatment, each of the combinations was statistically significantly superior to both amlodipine monotherapy doses in reducing systolic and diastolic blood pressures (–13.6/–9.4 mmHg, –15.0/–10.6 mmHg with 40 mg/5 mg, 80 mg/5 mg versus –6.2/–5.7 mmHg, –11.1/–8.0 mmHg with amlodipine 5 mg and 10 mg and higher diastolic blood pressure control rates compared to the respective monotherapies were achieved (56.7 %, 63.8 % with 40 mg/5 mg and 80 mg/5 mg versus 42 %, 56.7 % with amlodipine 5 mg and 10 mg). Oedema rates were significantly lower with 40 mg/5 mg and 80 mg/5 mg compared to amlodipine 10 mg (4.4 % versus 24.9 %, respectively).

In another multicentre, randomised, double-blind, active-controlled, parallel group study, a total of 947 patients with mild to severe hypertension who were not adequately controlled on amlodipine 10 mg received Twynsta (40 mg/10 mg or 80 mg/10 mg) or amlodipine alone (10 mg). After 8 weeks of treatment, each of the combination treatments was statistically significantly superior to amlodipine monotherapy in reducing diastolic and systolic blood pressure (–11.1/–9.2 mmHg, –11.3/–9.3 mmHg with 40 mg/10 mg, 80 mg/10 mg versus –7.4/–6.5 mmHg with amlodipine 10 mg) and higher diastolic blood pressure normalisation rates compared to monotherapy were achieved (63.7 %, 66.5 % with 40 mg/10 mg, 80 mg/10 mg versus 51.1 % with amlodipine 10 mg).

In two corresponding open-label long-term follow up studies performed over a further 6 months the effect of Twynsta was maintained over the trial period. Furthermore it was shown that some patients not adequately controlled with Twynsta 40 mg/10 mg had additional blood pressure reduction by up-titration to Twynsta 80 mg/10 mg.

The overall incidence of adverse reactions with Twynsta in the clinical trial programme was low with only 12.7 % of patients on treatment experiencing adverse reactions. The most common adverse reactions were peripheral oedema and dizziness, see also section 4.8. The adverse reactions reported were in agreement with those anticipated from the safety profiles of the components telmisartan and amlodipine. No new or more severe adverse reactions were observed. The oedema related events (peripheral oedema, generalised oedema, and oedema) were consistently lower in patients who received Twynsta as compared to patients who received amlodipine 10 mg. In the factorial design trial the oedema rates were 1.3 % with Twynsta 40 mg/5 mg and 80 mg/5 mg, 8.8 % with Twynsta 40 mg/10 mg and 80 mg/10 mg and 18.4 % with Amlodipine 10 mg. In patients not controlled on amlodipine 5 mg the oedema rates were 4.4 % for 40 mg/5 mg and 80 mg/5 mg and 24.9 % for amlodipine 10 mg.

The antihypertensive effect of Twynsta was similar irrespective of age and gender, and was similar in patients with and without diabetes.

Twynsta has not been studied in any patient population other than hypertension. Telmisartan has been studied in a large outcome study in 25,620 patients with high cardiovascular risk (ONTARGET). Amlodipine has been studied in patients with chronic stable angina, vasospastic angina and angiographically documented coronary artery disease.

#### Paediatric population

The European Medicines Agency has waived the obligation to submit the results of studies with Twynsta in all subsets of the paediatric population in hypertension (see section 4.2 for information on paediatric use).

## **5.2 Pharmacokinetic properties**

#### Pharmacokinetic of the fixed dose combination

The rate and extent of absorption of Twynsta are equivalent to the bioavailability of telmisartan and amlodipine when administered as individual tablets.



### Absorption

Absorption of telmisartan is rapid although the amount absorbed varies. The mean absolute bioavailability for telmisartan is about 50 %. When telmisartan is taken with food, the reduction in the area under the plasma concentration-time curve ( $AUC_{0-\infty}$ ) of telmisartan varies from approximately 6 % (40 mg dose) to approximately 19 % (160 mg dose). By 3 hours after administration, plasma concentrations are similar whether telmisartan is taken fasting or with food.

After oral administration of therapeutic doses, amlodipine is well absorbed with peak blood levels between 6-12 hours post dose. Absolute bioavailability has been estimated to be between 64 and 80 %. Amlodipine bioavailability is not affected by food ingestion.

### Distribution

Telmisartan is largely bound to plasma protein (>99.5 %), mainly albumin and alpha-1 acid glycoprotein. The mean steady state apparent volume of distribution ( $V_{dss}$ ) is approximately 500 l.

The volume of distribution of amlodipine is approximately 21 l/kg. *In vitro* studies have shown that approximately 97.5 % of circulating amlodipine is bound to plasma proteins in hypertensive patients.

### Biotransformation

Telmisartan is metabolised by conjugation to the glucuronide of the parent compound. No pharmacological activity has been shown for the conjugate.

Amlodipine is extensively (approximately 90 %) metabolised by the liver to inactive metabolites.

### Elimination

Telmisartan is characterised by biexponential decay pharmacokinetics with a terminal elimination half-life of >20 hours. The maximum plasma concentration ( $C_{max}$ ) and, to a smaller extent, the area under the plasma concentration-time curve (AUC), increase disproportionately with dose. There is no evidence of clinically relevant accumulation of telmisartan taken at the recommended dose. Plasma concentrations were higher in females than in males, without relevant influence on efficacy.

After oral (and intravenous) administration, telmisartan is nearly exclusively excreted with the faeces, mainly as unchanged compound. Cumulative urinary excretion is <1 % of dose. Total plasma clearance ( $Cl_{tot}$ ) is high (approximately 1,000 ml/min) compared with hepatic blood flow (about 1,500 ml/min).

Amlodipine elimination from plasma is biphasic, with a terminal elimination half-life of approximately 30 to 50 hours consistent with once daily dosing. Steady-state plasma levels are reached after continuous administration for 7-8 days. Ten per cent of original amlodipine and 60 % of amlodipine metabolites are excreted in urine.

### Linearity/non-linearity

The small reduction in AUC for telmisartan is not expected to cause a reduction in the therapeutic efficacy. There is no linear relationship between doses and plasma levels.  $C_{max}$  and to a lesser extent AUC increase disproportionately at doses above 40 mg.

Amlodipine exhibits linear pharmacokinetics.

### Paediatric population (age below 18 years)

No pharmacokinetic data are available in the paediatric population.

### Gender

Differences in plasma concentrations of telmisartan were observed, with  $C_{max}$  and AUC being approximately 3- and 2-fold higher, respectively, in females compared to males.

### Elderly

The pharmacokinetics of telmisartan do not differ in young and elderly patients.

The time to reach peak plasma concentrations of amlodipine is similar in elderly and younger subjects. In elderly patients, amlodipine clearance tends to decline with resulting increases in AUC and elimination half-life.

### Renal impairment

In patients with mild to moderate and severe renal impairment, doubling of plasma concentrations of telmisartan was observed. However, lower plasma concentrations were observed in patients with renal insufficiency undergoing dialysis. Telmisartan is highly bound to plasma protein in renal-insufficient subjects and cannot be removed by dialysis. The elimination half-life is not changed in patients with renal impairment. The pharmacokinetics of amlodipine are not significantly influenced by renal impairment.

### Hepatic impairment

Pharmacokinetic studies in patients with hepatic impairment showed an increase in absolute bioavailability of telmisartan up to nearly 100 %. The elimination half-life of telmisartan is not changed in patients with hepatic impairment. Patients with hepatic insufficiency have decreased clearance of amlodipine with resulting increase of approximately 40-60 % in AUC.

## **5.3 Preclinical safety data**

Since the non-clinical toxicity profiles of telmisartan and amlodipine are not overlapping, no exacerbation of toxicity was expected for the combination. This has been confirmed in a subchronic (13-week) toxicology study in rats, in which dose levels of 3.2/0.8, 10/2.5 and 40/10 mg/kg of telmisartan and amlodipine were tested.

Preclinical data available for the components of this fixed dose combination are reported below.

### Telmisartan

In preclinical safety studies, doses producing exposure comparable to that in the clinical therapeutic range caused reduced red cell parameters (erythrocytes, haemoglobin, haematocrit), changes in renal haemodynamics (increased blood urea nitrogen and creatinine), as well as increased serum potassium in normotensive animals. In dogs, renal tubular dilation and atrophy were observed. Gastric mucosal injury (erosion, ulcers or inflammation) also was noted in rats and dogs. These pharmacologically-mediated undesirable effects, known from preclinical studies with both angiotensin converting enzyme inhibitors and angiotensin II receptor antagonists, were prevented by oral saline supplementation. In both species, increased plasma renin activity and hypertrophy/hyperplasia of the renal juxtaglomerular cells were observed. These changes, also a class effect of angiotensin converting enzyme inhibitors and other angiotensin II receptor antagonists, do not appear to have clinical significance.

No clear evidence of a teratogenic effect was observed, however at toxic dose levels of telmisartan an effect on the postnatal development of the offspring such as lower body weight and delayed eye opening was observed.

There was no evidence of mutagenicity and relevant clastogenic activity in *in vitro* studies and no evidence of carcinogenicity in rats and mice.

### Amlodipine

Preclinical data reveal no special hazard for humans based on conventional studies of safety pharmacology, repeated dose toxicity, genotoxicity and carcinogenic potential.

In reproductive toxicity studies in rats, delayed parturition, difficult labour and impaired fetal and pup survival were seen at high doses. There was no effect on the fertility of rats treated orally with amlodipine maleate (males for 64 days and females for 14 days prior to mating) at doses of up to 10 mg amlodipine/kg/day (about 10 times the maximum recommended human dose of 10 mg/day on a mg/m<sup>2</sup> basis).

## **6. PHARMACEUTICAL PARTICULARS**

### **6.1 List of excipients**

Colloidal anhydrous silica  
Brilliant blue FCF (E133)  
Ferric oxide black (E172)  
Ferric oxide yellow (E172)  
Magnesium stearate  
Maize starch  
Meglumine  
Microcrystalline cellulose  
Povidone K25  
Pregelatinised starch (prepared from maize starch)  
Sodium hydroxide  
Sorbitol (E420)

### **6.2 Incompatibilities**

Not applicable.

### **6.3 Shelf life**

3 years

### **6.4 Special precautions for storage**

This medicinal product does not require any special temperature storage conditions.  
Store in the original package in order to protect from light and moisture.  
Remove the tablets from the blister only directly prior to intake.

### **6.5 Nature and contents of container**

Aluminium/aluminium blisters (PA/Al/PVC/Al) in a carton containing 14, 28, 56, 98 tablets or aluminium/aluminium perforated unit dose blisters (PA/Al/PVC/Al) in a carton containing 30 x 1, 90 x 1 tablets and multipacks containing 360 (4 packs of 90 x 1) tablets.

Not all pack sizes may be marketed.

### **6.6 Special precautions for disposal**

No special requirements.

## **7. MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim International GmbH  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

## **8.     MARKETING AUTHORISATION NUMBERS**

EU/1/10/648/001 (14 tablets)  
EU/1/10/648/002 (28 tablets)  
EU/1/10/648/003 (30 x 1 tablets)  
EU/1/10/648/004 (56 tablets)  
EU/1/10/648/005 (90 x 1 tablets)  
EU/1/10/648/006 (98 tablets)  
EU/1/10/648/007 (360 (4 x 90 x 1) tablets)

## **9.     DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION**

Date of first authorisation: 7 October 2010  
Date of latest renewal: 20 August 2015

## **10.    DATE OF REVISION OF THE TEXT**

Detailed information on this medicinal product is available on the website of the European Medicines Agency <http://www.ema.europa.eu/>.

## 1. NAME OF THE MEDICINAL PRODUCT

Twynsta 40 mg/10 mg tablets

## 2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Each tablet contains 40 mg telmisartan and 10 mg amlodipine (as amlodipine besilate).

### Excipient(s) with known effect:

Each tablet contains 168.64 mg sorbitol (E420).

For the full list of excipients, see section 6.1.

## 3. PHARMACEUTICAL FORM

Tablet

Blue and white oval shaped two layer tablets engraved with the product code A2 and the company logo on the white layer.

## 4. CLINICAL PARTICULARS

### 4.1 Therapeutic indications

Treatment of essential hypertension in adults:

#### Add on therapy

Twynsta 40 mg/10 mg is indicated in adults whose blood pressure is not adequately controlled on amlodipine 10 mg alone.

#### Replacement therapy

Adult patients receiving telmisartan and amlodipine from separate tablets can instead receive tablets of Twynsta containing the same component doses.

### 4.2 Posology and method of administration

#### Posology

The recommended dose of this medicinal product is one tablet per day.

The maximum recommended dose is one tablet 80 mg telmisartan/10 mg amlodipine per day. This medicinal product is indicated for long term treatment.

Administration of amlodipine with grapefruit or grapefruit juice is not recommended as bioavailability may be increased in some patients resulting in increased blood pressure lowering effects (see section 4.5).

#### Add on therapy

Twynsta 40 mg/10 mg may be administered in patients whose blood pressure is not adequately controlled with amlodipine 10 mg alone.

Individual dose titration with the components (i.e. amlodipine and telmisartan) is recommended before changing to the fixed dose combination. When clinically appropriate, direct change from monotherapy to the fixed combination may be considered.

Patients treated with 10 mg amlodipine who experience any dose limiting adverse reactions such as oedema, may be switched to Twynsta 40 mg/5 mg once daily, reducing the dose of amlodipine without reducing the overall expected antihypertensive response.

#### Replacement therapy

Patients receiving telmisartan and amlodipine from separate tablets can instead receive tablets of Twynsta containing the same component doses in one tablet once daily.

#### Elderly (> 65 years)

No dose adjustment is necessary for elderly patients. Little information is available in the very elderly patients.

#### Renal impairment

Limited experience is available in patients with severe renal impairment or haemodialysis. Caution is advised when using telmisartan/amlodipine in such patients as amlodipine and telmisartan are not dialysable (see also section 4.4).

No posology adjustment is required for patients with mild to moderate renal impairment.

#### Hepatic impairment

Twynsta is contraindicated in patients with severe hepatic impairment (see section 4.3).

In patients with mild to moderate hepatic impairment telmisartan/amlodipine should be administered with caution. For telmisartan the posology should not exceed 40 mg once daily (see section 4.4).

#### Paediatric population

The safety and efficacy of telmisartan/amlodipine in children aged below 18 years have not been established. No data are available.

#### Method of administration

Oral use.

Twynsta can be taken with or without food. It is recommended to take Twynsta with some liquid.

### **4.3 Contraindications**

- Hypersensitivity to the active substances, to dihydropyridine derivatives, or to any of the excipients listed in section 6.1
- Second and third trimesters of pregnancy (see sections 4.4 and 4.6)
- Biliary obstructive disorders and severe hepatic impairment
- Shock (including cardiogenic shock)
- Obstruction of the outflow tract of the left ventricle (e.g. high grade aortic stenosis)
- Haemodynamically unstable heart failure after acute myocardial infarction

The concomitant use of telmisartan/amlodipine with aliskiren-containing products is contraindicated in patients with diabetes mellitus or renal impairment ( $GFR < 60 \text{ ml/min/1.73 m}^2$ ) (see sections 4.5 and 5.1).

### **4.4 Special warnings and precautions for use**

#### Pregnancy

Angiotensin II receptor antagonists should not be initiated during pregnancy. Unless continued angiotensin II receptor antagonist therapy is considered essential, patients planning pregnancy should be changed to alternative antihypertensive treatments which have an established safety profile for use in pregnancy. When pregnancy is diagnosed, treatment with angiotensin II receptor antagonists should be stopped immediately, and, if appropriate, alternative therapy should be started (see section 4.3 and 4.6).

### Hepatic impairment

Telmisartan is mostly eliminated in the bile. Patients with biliary obstructive disorders or hepatic insufficiency can be expected to have reduced clearance. Furthermore as with all calcium antagonists, amlodipine half-life is prolonged in patients with impaired liver function and dose recommendations have not been established. telmisartan/amlodipine should therefore be used with caution in these patients.

### Renovascular hypertension

There is an increased risk of severe hypotension and renal insufficiency when patients with bilateral renal artery stenosis or stenosis of the artery to a single functioning kidney are treated with medicinal products that affect the renin-angiotensin-aldosterone system (RAAS).

### Renal impairment and kidney transplantation

When telmisartan/amlodipine is used in patients with impaired renal function, a periodic monitoring of potassium and creatinine serum levels is recommended. There is no experience regarding the administration of telmisartan/amlodipine in patients with a recent kidney transplant. Telmisartan and amlodipine are not dialysable.

### Intravascular hypovolaemia

Symptomatic hypotension, especially after the first dose, may occur in patients who are volume and/or sodium depleted by e.g. vigorous diuretic therapy, dietary salt restriction, diarrhoea or vomiting. Such conditions should be corrected before the administration of telmisartan. If hypotension occurs with telmisartan/amlodipine, the patient should be placed in the supine position and, if necessary, given an intravenous infusion of normal saline. Treatment can be continued once blood pressure has been stabilised.

### Dual blockade of the renin-angiotensin-aldosterone system (RAAS)

There is evidence that the concomitant use of ACE-inhibitors, angiotensin II receptor blockers or aliskiren increases the risk of hypotension, hyperkalaemia and decreased renal function (including acute renal failure). Dual blockade of RAAS through the combined use of ACE-inhibitors, angiotensin II receptor blockers or aliskiren is therefore not recommended (see sections 4.5 and 5.1).

If dual blockade therapy is considered absolutely necessary, this should only occur under specialist supervision and subject to frequent close monitoring of renal function, electrolytes and blood pressure. ACE-inhibitors and angiotensin II receptor blockers should not be used concomitantly in patients with diabetic nephropathy.

### Other conditions with stimulation of the renin-angiotensin-aldosterone system

In patients whose vascular tone and renal function depend predominantly on the activity of the renin-angiotensin-aldosterone system (e.g. patients with severe congestive heart failure or underlying renal disease, including renal artery stenosis), treatment with medicinal products that affect this system has been associated with acute hypotension, hyperazotaemia, oliguria, or rarely acute renal failure (see section 4.8).

### Primary aldosteronism

Patients with primary aldosteronism generally will not respond to antihypertensive medicinal products acting through inhibition of the renin-angiotensin system. Therefore, the use of telmisartan is not recommended.

### Aortic and mitral valve stenosis, obstructive hypertrophic cardiomyopathy

As with other vasodilators, special caution is indicated in patients suffering from aortic or mitral stenosis, or obstructive hypertrophic cardiomyopathy.

### Unstable angina pectoris, acute myocardial infarction

There are no data to support the use of telmisartan/amlodipine in unstable angina pectoris and during or within one month of a myocardial infarction.

### Heart failure

In a long-term, placebo controlled study (PRAISE-2) of amlodipine in patients with NYHA III and IV heart failure of non-ischaemic aetiology, amlodipine was associated with increased reports of pulmonary oedema despite no significant difference in the incidence of worsening heart failure as compared to placebo (see section 5.1).

### Diabetic patients treated with insulin or antidiabetics

In these patients hypoglycaemia may occur under telmisartan treatment. Therefore, in these patients an appropriate blood glucose monitoring should be considered; a dose adjustment of insulin or antidiabetics may be required when indicated.

### Hyperkalaemia

The use of medicinal products that affect the renin-angiotensin-aldosterone system may cause hyperkalaemia. Hyperkalaemia may be fatal in the elderly, in patients with renal insufficiency, in diabetic patients, in patients concomitantly treated with other medicinal products that may increase potassium levels, and/or in patients with intercurrent events.

Before considering the concomitant use of medicinal products that affect the renin-angiotensin-aldosterone system, the benefit risk ratio should be evaluated.

The main risk factors for hyperkalaemia to be considered are:

- Diabetes mellitus, renal impairment, age (>70 years)
- Combination with one or more other medicinal products that affect the renin-angiotensin-aldosterone system and/or potassium supplements. Medicinal products or therapeutic classes of medicinal products that may provoke hyperkalaemia are salt substitutes containing potassium, potassium-sparing diuretics, ACE inhibitors, angiotensin II receptor antagonists, non steroidal anti-inflammatory medicinal products (NSAIDs, including selective COX-2 inhibitors), heparin, immunosuppressives (cyclosporin or tacrolimus), and trimethoprim.
- Intercurrent events, in particular dehydration, acute cardiac decompensation, metabolic acidosis, worsening of renal function, sudden worsening of the renal condition (e.g. infectious diseases), cellular lysis (e.g. acute limb ischemia, rhabdomyolysis, extensive trauma).

Serum potassium should be monitored closely in these patients (see section 4.5).

### Sorbitol

This medicine contains 168.64 mg sorbitol in each tablet.

### Other

As with any antihypertensive medicinal product, excessive reduction of blood pressure in patients with ischaemic cardiomyopathy or ischaemic cardiovascular disease could result in a myocardial infarction or stroke.

## **4.5 Interaction with other medicinal products and other forms of interaction**

No interactions between the two components of this fixed dose combinations have been observed in clinical studies.

### Interactions common to the combination

No drug interaction studies have been performed.

### To be taken into account with concomitant use

#### *Other antihypertensive medicinal products*

The blood pressure lowering effect of telmisartan/amlodipine can be increased by concomitant use of other antihypertensive medicinal products.



### *Medicinal products with blood pressure lowering potential*

Based on their pharmacological properties it can be expected that the following medicinal products may potentiate the hypotensive effects of all antihypertensives including this medicinal product, e.g. baclofen, amifostine, neuroleptics or antidepressants. Furthermore, orthostatic hypotension may be aggravated by alcohol.

### *Corticosteroids (systemic route)*

Reduction of the antihypertensive effect.

### Interactions linked to telmisartan

#### *Concomitant use not recommended*

##### *Potassium sparing diuretics or potassium supplements*

Angiotensin II receptor antagonists such as telmisartan, attenuate diuretic induced potassium loss. Potassium sparing diuretics e.g. spirinolactone, eplerenone, triamterene, or amiloride, potassium supplements, or potassium-containing salt substitutes may lead to a significant increase in serum potassium. If concomitant use is indicated because of documented hypokalaemia, they should be used with caution and with frequent monitoring of serum potassium.

##### *Lithium*

Reversible increases in serum lithium concentrations and toxicity have been reported during concomitant administration of lithium with angiotensin converting enzyme inhibitors, and with angiotensin II receptor antagonists, including telmisartan. If use of the combination proves necessary, careful monitoring of serum lithium levels is recommended.

##### *Other antihypertensive agents acting on the renin-angiotensin-aldosterone system (RAAS)*

Clinical trial data has shown that dual blockade of the renin-angiotensin-aldosterone system (RAAS) through the combined use of ACE-inhibitors, angiotensin II receptor blockers or aliskiren is associated with a higher frequency of adverse events such as hypotension, hyperkalaemia and decreased renal function (including acute renal failure) compared to the use of a single RAAS-acting agent (see sections 4.3, 4.4 and 5.1).

#### *Concomitant use requiring caution*

##### *Non-steroidal anti-inflammatory medicinal products*

NSAIDs (i.e. acetylsalicylic acid at anti-inflammatory dosage regimens, COX-2 inhibitors and non-selective NSAIDs) may reduce the antihypertensive effect of angiotensin II receptor antagonists. In some patients with compromised renal function (e.g. dehydrated patients or elderly patients with compromised renal function), the co-administration of angiotensin II receptor antagonists and medicinal products that inhibit cyclo-oxygenase may result in further deterioration of renal function, including possible acute renal failure, which is usually reversible. Therefore, the combination should be administered with caution, especially in the elderly. Patients should be adequately hydrated and consideration should be given to monitoring of renal function after initiation of concomitant therapy and periodically thereafter.

##### *Ramipril*

In one study the co-administration of telmisartan and ramipril led to an increase of up to 2.5 fold in the AUC<sub>0-24</sub> and C<sub>max</sub> of ramipril and ramiprilat. The clinical relevance of this observation is not known.

### Concomitant use to be taken into account

#### *Digoxin*

When telmisartan was co-administered with digoxin, median increases in digoxin peak plasma concentration (49 %) and in trough concentration (20 %) were observed. When initiating, adjusting, and discontinuing telmisartan, monitor digoxin levels in order to maintain levels within the therapeutic range.

### Interactions linked to amlodipine

#### Concomitant use requiring caution

##### *CYP3A4 inhibitors*

With concomitant use with the CYP3A4 inhibitor erythromycin in young patients and diltiazem in elderly patients respectively, the plasma concentration of amlodipine increased by 22 % and 50 % respectively. However, the clinical relevance of this finding is uncertain. It cannot be ruled out that strong inhibitors of CYP3A4 (i.e. ketoconazole, itraconazole, ritonavir) may increase the plasma concentrations of amlodipine to a greater extent than diltiazem. Amlodipine should be used with caution together with CYP3A4 inhibitors. However, no adverse events attributable to such interaction have been reported.

##### *CYP3A4 inducers*

Upon co-administration of known inducers of the CYP3A4, the plasma concentration of amlodipine may vary. Therefore, blood pressure should be monitored and dose regulation considered both during and after concomitant medication particularly with strong CYP3A4 inducers (e.g. rifampicin, hypericum perforatum).

##### *Grapefruit and grapefruit juice*

Concomitant administration of 240 ml of grapefruit juice with a single oral dose of 10 mg amlodipine in 20 healthy volunteers did not show a significant effect on the pharmacokinetic properties of amlodipine. The concomitant use of amlodipine and grapefruit or grapefruit juice is still not recommended in patients as the bioavailability of amlodipine may increase in some and may result in increased hypotensive effects.

### Concomitant use to be taken into account

#### *Tacrolimus*

There is a risk of increased tacrolimus blood levels when co-administered with amlodipine but the pharmacokinetic mechanism of this interaction is not fully understood. In order to avoid toxicity of tacrolimus, administration of amlodipine in a patient treated with tacrolimus requires monitoring of tacrolimus blood levels and dose adjustment of tacrolimus when appropriate.

#### *Cyclosporine*

No drug interaction studies have been conducted with cyclosporine and amlodipine in healthy volunteers or other populations with the exception of renal transplant patients, where variable trough concentration increases (average 0% - 40%) of cyclosporine were observed. Consideration should be given for monitoring cyclosporine levels in renal transplant patients on amlodipine, and cyclosporine dose reductions should be made as necessary.

#### *Simvastatin*

Co-administration of multiple doses of amlodipine with simvastatin 80 mg resulted in an increase in exposure to simvastatin up to 77 % compared to simvastatin alone. Therefore, the dose of simvastatin in patients on amlodipine should be limited to 20 mg daily.

*Others* Amlodipine has been safely administered with digoxin, warfarin, atorvastatin, sildenafil, anti-acid medicinal products (aluminium hydroxide, magnesium hydroxide, simeticone), cimetidine, antibiotics

and oral hypoglycaemic medicinal products. When amlodipine and sildenafil were used in combination, each agent independently exerted its own blood pressure lowering effect.

#### **4.6 Fertility, pregnancy and lactation**

##### Pregnancy

There are limited data from the use of telmisartan/amlodipine in pregnant women. Animal reproductive toxicity studies with telmisartan/amlodipine have not been performed.

##### *Telmisartan*

The use of angiotensin II receptor antagonists is not recommended during the first trimester of pregnancy (see section 4.4). The use of angiotensin II receptor antagonists is contraindicated during the second and third trimesters of pregnancy (see sections 4.3 and 4.4).

Studies with telmisartan in animals have shown reproductive toxicity (see section 5.3).

Epidemiological evidence regarding the risk of teratogenicity following exposure to ACE inhibitors during the first trimester of pregnancy has not been conclusive; however a small increase in risk cannot be excluded. Whilst there is no controlled epidemiological data on the risk with angiotensin II receptor antagonists, similar risks may exist for this class of medicinal products. Unless continued angiotensin II receptor antagonist therapy is considered essential, patients planning pregnancy should be changed to alternative antihypertensive treatments which have an established safety profile for use in pregnancy. When pregnancy is diagnosed, treatment with angiotensin II receptor antagonists should be stopped immediately, and, if appropriate, alternative therapy should be started.

Exposure to angiotensin II receptor antagonist therapy during the second and third trimesters is known to induce human fetotoxicity (decreased renal function, oligohydramnios, skull ossification retardation) and neonatal toxicity (renal failure, hypotension, hyperkalaemia) (see section 5.3).

Should exposure to angiotensin II receptor antagonists have occurred from the second trimester of pregnancy, ultrasound check of renal function and skull is recommended.

Infants whose mothers have taken angiotensin II receptor antagonists should be closely observed for hypotension (see sections 4.3 and 4.4).

##### *Amlodipine*

Data on a limited number of exposed pregnancies do not indicate that amlodipine or other calcium receptor antagonists have a harmful effect on the health of the fetus. However, there may be a risk of prolonged delivery.

##### Breast-feeding

Amlodipine is excreted in human milk. The proportion of the maternal dose received by the infant has been estimated with an interquartile range of 3 – 7%, with a maximum of 15%. The effect of amlodipine on infants is unknown.

Because no information is available regarding the use of telmisartan during breast-feeding, telmisartan/amlodipine is not recommended and alternative treatments with better established safety profiles during breast-feeding are preferable, especially while breast-feeding a newborn or preterm infant.

##### Fertility

No data from controlled clinical studies with the fixed dose combination or with the individual components are available.

Separate reproductive toxicity studies with the combination of telmisartan and amlodipine have not been conducted.

In preclinical studies, no effects of telmisartan on male and female fertility were observed.

Similarly, no effects on male and female fertility were reported for amlodipine (see section 5.3).

Reversible biochemical changes in the head of spermatozoa which can impair fecundation have been observed for calcium channel blockers in preclinical and *in vitro* studies. No clinical relevance has been established.

#### 4.7 Effects on ability to drive and use machines

This medicinal product has moderate influence on the ability to drive and use machines. Patients should be advised that they may experience adverse reactions such as syncope, somnolence, dizziness, or vertigo during treatment (see section 4.8). Therefore, caution should be recommended when driving a car or using machines. If patients experience these adverse reactions, they should avoid potentially hazardous tasks such as driving or using machines.

#### 4.8 Undesirable effects

##### Summary of the safety profile

The most common adverse reactions include dizziness and peripheral oedema. Serious syncope may occur rarely (less than 1 case per 1,000 patients).

Adverse reactions previously reported with one of the individual components (telmisartan or amlodipine) may be potential adverse reactions with Twynsta as well, even if not observed in clinical trials or during the post-marketing period.

##### Tabulated list of adverse reactions

The safety and tolerability of Twynsta has been evaluated in five controlled clinical studies with over 3,500 patients, over 2,500 of whom received telmisartan in combination with amlodipine.

Adverse reactions have been ranked under headings of frequency using the following convention: very common ( $\geq 1/10$ ); common ( $\geq 1/100$  to  $< 1/10$ ); uncommon ( $\geq 1/1,000$  to  $< 1/100$ ); rare ( $\geq 1/10,000$  to  $< 1/1,000$ ); very rare ( $< 1/10,000$ ), not known (cannot be estimated from the available data).

Within each frequency grouping, adverse reactions are presented in order of decreasing seriousness.

<b>System Organ Class</b>	<b>Twynsta</b>	<b>Telmisartan</b>	<b>Amlodipine</b>
<b><i>Infections and infestations</i></b>			
Uncommon		upper respiratory tract infection including pharyngitis and sinusitis, urinary tract infection including cystitis	
Rare	cystitis	sepsis including fatal outcome <sup>1</sup>	
<b><i>Blood and lymphatic system disorders:</i></b>			
Uncommon		anaemia	
Rare		thrombocytopenia, eosinophilia	
Very rare			leukocytopenia, thrombocytopenia

<b><i>Immune system disorders:</i></b>			
Rare		hypersensitivity, anaphylactic reaction	
Very rare			hypersensitivity
<b><i>Metabolism and nutrition disorders</i></b>			
Uncommon		hyperkalaemia	
Rare		hypoglycaemia (in diabetic patients)	
Very rare			hyperglycaemia
<b><i>Psychiatric disorders</i></b>			
Uncommon			mood change
Rare	depression, anxiety, insomnia		confusion
<b><i>Nervous system disorders</i></b>			
Common	dizziness		
Uncommon	somnolence, migraine, headache, paraesthesia		
Rare	syncope, peripheral neuropathy, hypoesthesia, dysgeusia, tremor		
Very rare			extrapyramidal syndrome
<b><i>Eye disorders</i></b>			
Uncommon			visual impairment
Rare		visual disturbance	
<b><i>Ear and labyrinth disorders</i></b>			
Uncommon	vertigo		tinnitus
<b><i>Cardiac disorders</i></b>			
Uncommon	bradycardia, palpitations		
Rare		tachycardia	
Very rare			myocardial infarction, arrhythmia,

			ventricular tachycardia, atrial fibrillation
<b><i>Vascular disorders</i></b>			
Uncommon	hypotension, orthostatic hypotension, flushing		
Very rare			vasculitis
<b><i>Respiratory, thoracic and mediastinal disorders</i></b>			
Uncommon	cough	dyspnoea	dyspnoea, rhinitis
Very rare	interstitial lung disease <sup>3</sup>		
<b><i>Gastrointestinal disorder</i></b>			
Uncommon	abdominal pain, diarrhoea, nausea	flatulence	change of bowel habit
Rare	vomiting, gingival hypertrophy, dyspepsia, dry mouth	stomach discomfort	
Very rare			pancreatitis, gastritis
<b><i>Hepato-biliary disorders</i></b>			
Rare		hepatic function abnormal, liver disorder <sup>2</sup>	
Very rare			hepatitis, jaundice, hepatic enzyme elevations (mostly consistent with cholestasis)
<b><i>Skin and subcutaneous tissue disorders</i></b>			
Uncommon	pruritus	hyperhidrosis	alopecia, purpura, skin discolouration, hyperhidrosis
Rare	eczema, erythema, rash	angioedema (with fatal outcome), drug eruption, toxic skin eruption, urticaria	
Very rare			angioedema, erythema multiforme, urticaria, exfoliative dermatitis, Stevens-Johnson

			syndrome, photosensitivity
Not known			toxic epidermal necrolysis
<b><i>Musculoskeletal and connective tissue disorders</i></b>			
Uncommon	arthralgia, muscle spasms (cramps in legs), myalgia		
Rare	back pain, pain in extremity (leg pain)	tendon pain (tendinitis like symptoms)	
<b><i>Renal and urinary disorders</i></b>			
Uncommon		renal impairment including acute renal failure	micturition disorder, pollakiuria
Rare	nocturia		
<b><i>Reproductive system and breast disorders</i></b>			
Uncommon	erectile dysfunction		gynaecomastia
<b><i>General disorders and administration site condition</i></b>			
Common	peripheral oedema		
Uncommon	asthenia, chest pain, fatigue, oedema		pain
Rare	malaise	influenza-like illness	
<b><i>Investigations</i></b>			
Uncommon	hepatic enzymes increased	blood creatinine increased	weight increased, weight decreased
Rare	blood uric acid increased	blood creatine phosphokinase increased, haemoglobin decreased	

<sup>1</sup>: the event may be a chance finding or related to a mechanism currently not known

<sup>2</sup>: most cases of hepatic function abnormal / liver disorder from post-marketing experience with telmisartan occurred in Japanese patients. Japanese patients are more likely to experience these adverse reactions.

<sup>3</sup>: cases of interstitial lung disease (predominantly interstitial pneumonia and eosinophilic pneumonia) have been reported from post-marketing experience with telmisartan

#### Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicinal product is important. It allows continued monitoring of the benefit/risk balance of the medicinal product. Healthcare professionals are asked to report any suspected adverse reactions via the national reporting system listed in [Appendix V\\*](#).

### **4.9 Overdose**

#### Symptoms

Signs and symptoms of overdose are expected to be in line with exaggerated pharmacological effects. The most prominent manifestations of telmisartan overdose are expected to be hypotension and tachycardia; bradycardia, dizziness, increase in serum creatinine, and acute renal failure have also been reported.

Overdose with amlodipine may result in excessive peripheral vasodilatation and possibly reflex tachycardia. Marked and probably prolonged systemic hypotension up to and including shock with fatal outcome have been reported.

#### Treatment

The patient should be closely monitored, and the treatment should be symptomatic and supportive. Management depends on the time since ingestion and the severity of the symptoms. Suggested measures include induction of emesis and / or gastric lavage. Activated charcoal may be useful in the treatment of overdose of both telmisartan and amlodipine.

Serum electrolytes and creatinine should be monitored frequently. If hypotension occurs, the patient should be placed in a supine position with elevation of extremities, with salt and volume replacement given quickly. Supportive treatment should be instituted. Intravenous calcium gluconate may be beneficial in reversing the effects of calcium channel blockade. Telmisartan and Amlodipine are not removed by haemodialysis.

## **5. PHARMACOLOGICAL PROPERTIES**

### **5.1 Pharmacodynamic properties**

Pharmacotherapeutic group: Agents acting on the renin-angiotensin system, angiotensin II antagonists and calcium channel blockers; ATC Code: C09DB04.

Twynsta combines two antihypertensive compounds with complementary mechanisms to control blood pressure in patients with essential hypertension: an angiotensin II receptor antagonist, telmisartan, and a dihydropyridinic calcium channel blocker, amlodipine.

The combination of these substances has an additive antihypertensive effect, reducing blood pressure to a greater degree than either component alone.

Twynsta once daily produces effective and consistent reductions in blood pressure across the 24-hour therapeutic dose range.

#### Telmisartan

Telmisartan is an orally active and specific angiotensin II receptor (type AT<sub>1</sub>) antagonist. Telmisartan displaces angiotensin II with very high affinity from its binding site at the AT<sub>1</sub> receptor subtype, which is responsible for the known actions of angiotensin II. Telmisartan does not exhibit any partial agonist activity at the AT<sub>1</sub> receptor. Telmisartan selectively binds the AT<sub>1</sub> receptor. The binding is long-lasting. Telmisartan does not show affinity for other receptors, including AT<sub>2</sub> and other less characterised AT receptors. The functional role of these receptors is not known, nor is the effect of their possible overstimulation by angiotensin II, whose levels are increased by telmisartan. Plasma aldosterone levels are decreased by telmisartan. Telmisartan does not inhibit human plasma renin or block ion channels. Telmisartan does not inhibit angiotensin converting enzyme (kininase II), the enzyme which also degrades bradykinin. Therefore it is not expected to potentiate bradykinin-mediated adverse reactions.



In humans, an 80 mg dose of telmisartan almost completely inhibits the angiotensin II evoked blood pressure increase. The inhibitory effect is maintained over 24 hours and still measurable up to 48 hours.

After the first dose of telmisartan, the antihypertensive activity gradually becomes evident within 3 hours. The maximum reduction in blood pressure is generally attained 4 to 8 weeks after the start of treatment and is sustained during long-term therapy.

The antihypertensive effect persists constantly over 24 hours after dosing and includes the last 4 hours before the next dose as shown by ambulatory blood pressure measurements. This is confirmed by trough to peak ratios consistently above 80 % seen after doses of 40 and 80 mg of telmisartan in placebo controlled clinical studies. There is an apparent trend to a dose relationship to a time to recovery of baseline systolic blood pressure. In this respect data concerning diastolic blood pressure are inconsistent.

In patients with hypertension telmisartan reduces both systolic and diastolic blood pressure without affecting pulse rate. The contribution of the medicinal product's diuretic and natriuretic effect to its hypotensive activity has still to be defined. The antihypertensive efficacy of telmisartan is comparable to that of substances representative of other classes of antihypertensive medicinal products (demonstrated in clinical trials comparing telmisartan to amlodipine, atenolol, enalapril, hydrochlorothiazide, and lisinopril).

Upon abrupt cessation of treatment with telmisartan, blood pressure gradually returns to pre-treatment values over a period of several days without evidence of rebound hypertension.

The incidence of dry cough was significantly lower in patients treated with telmisartan than in those given angiotensin converting enzyme inhibitors in clinical trials directly comparing the two antihypertensive treatments.

Two large randomised, controlled trials (ONTARGET (ONgoing Telmisartan Alone and in combination with Ramipril Global Endpoint Trial) and VA NEPHRON-D (The Veterans Affairs Nephropathy in Diabetes)) have examined the use of the combination of an ACE-inhibitor with an angiotensin II receptor blocker.

ONTARGET was a study conducted in patients with a history of cardiovascular or cerebrovascular disease, or type 2 diabetes mellitus accompanied by evidence of end-organ damage. VA NEPHRON-D was a study in patients with type 2 diabetes mellitus and diabetic nephropathy.

These studies have shown no significant beneficial effect on renal and/or cardiovascular outcomes and mortality, while an increased risk of hyperkalaemia, acute kidney injury and/or hypotension as compared to monotherapy was observed. Given their similar pharmacodynamic properties, these results are also relevant for other ACE-inhibitors and angiotensin II receptor blockers.

ACE-inhibitors and angiotensin II receptor blockers should therefore not be used concomitantly in patients with diabetic nephropathy.

ALTITUDE (Aliskiren Trial in Type 2 Diabetes Using Cardiovascular and Renal Disease Endpoints) was a study designed to test the benefit of adding aliskiren to a standard therapy of an ACE-inhibitor or an angiotensin II receptor blocker in patients with type 2 diabetes mellitus and chronic kidney disease, cardiovascular disease, or both. The study was terminated early because of an increased risk of adverse outcomes. Cardiovascular death and stroke were both numerically more frequent in the aliskiren group than in the placebo group and adverse events and serious adverse events of interest (hyperkalaemia, hypotension and renal dysfunction) were more frequently reported in the aliskiren group than in the placebo group.

### Amlodipine

Amlodipine is a calcium ion influx inhibitor of the dihydropyridine group (slow channel blocker or calcium ion antagonist) and inhibits the transmembrane influx of calcium ions into cardiac and vascular smooth muscle. The mechanism of the antihypertensive action of amlodipine is due to a direct relaxant effect on vascular smooth muscle, leading to reductions in peripheral vascular resistance and in blood pressure. Experimental data indicate that amlodipine binds to both dihydropyridine and non-

dihydropyridine binding sites. Amlodipine is relatively vessel-selective, with a greater effect on vascular smooth muscle cells than on cardiac muscle cells.

In patients with hypertension, once daily dosing provides clinically significant reductions of blood pressure in both the supine and standing positions throughout the 24 hour interval. Due to the slow onset of action, acute hypotension is not a feature of amlodipine administration.

In hypertensive patients with normal renal function, therapeutic doses of amlodipine resulted in a decrease in renal vascular resistance and an increase in glomerular filtration rate and effective renal plasma flow, without change in filtration fraction or proteinuria.

Amlodipine has not been associated with any adverse metabolic effects or changes in plasma lipids and is suitable for use in patients with asthma, diabetes, and gout.

Use in patients with heart failure

Haemodynamic studies and exercise based controlled clinical trials in NYHA Class II-IV heart failure patients have shown that amlodipine did not lead to clinical deterioration as measured by exercise tolerance, left ventricular ejection fraction and clinical symptomatology.

A placebo controlled study (PRAISE) designed to evaluate patients in NYHA Class III-IV heart failure receiving digoxin, diuretics and ACE inhibitors has shown that amlodipine did not lead to an increase in risk of mortality or combined mortality and morbidity with heart failure.

In a follow-up, long term, placebo controlled study (PRAISE-2) of amlodipine in patients with NYHA III and IV heart failure without clinical symptoms or objective findings suggestive of underlying ischaemic disease, on stable doses of ACE inhibitors, digitalis, and diuretics, amlodipine had no effect on total cardiovascular mortality. In this same population amlodipine was associated with increased reports of pulmonary oedema despite no significant difference in the incidence of worsening heart failure as compared to placebo.

#### Telmisartan/Amlodipine

In an 8-week multicenter, randomised, double-blind, placebo-controlled, parallel group factorial study in 1461 patients with mild to severe hypertension (mean seated diastolic blood pressure  $\geq 95$  and  $\leq 119$  mmHg), treatment with each combination dose of Twynsta resulted in significantly greater diastolic and systolic blood pressure reductions and higher control rates compared to the respective monotherapy components.

Twynsta showed dose-related reductions in systolic/diastolic blood pressure across the therapeutic dose range of  $-21.8/-16.5$  mmHg (40 mg/5 mg),  $-22.1/-18.2$  mmHg (80 mg/5 mg),  $-24.7/-20.2$  mmHg (40 mg/10 mg) and  $-26.4/-20.1$  mmHg (80 mg/10 mg). The reduction in diastolic blood pressure  $< 90$  mmHg was achieved in 71.6 %, 74.8 %, 82.1 %, 85.3 % of patients respectively. Values are adjusted for baseline and country.

The majority of the antihypertensive effect was attained within 2 weeks after initiation of therapy.

In a subset of 1050 patients with moderate to severe hypertension (DBP  $\geq 100$  mmHg) 32.7 – 51.8 % responded sufficiently to monotherapy of either telmisartan or amlodipine. The observed mean changes in systolic/diastolic blood pressure with a combination therapy containing amlodipine 5 mg ( $-22.2/-17.2$  mmHg with 40 mg/5 mg;  $-22.5/-19.1$  mmHg with 80 mg/5 mg) were comparable to or greater than those seen with amlodipine 10 mg ( $-21.0/-17.6$  mmHg) and associated with significant lower oedema rates (1.4 % with 40 mg/5 mg; 0.5 % with 80 mg/5 mg; 17.6 % with amlodipine 10 mg).

Automated ambulatory blood pressure monitoring (ABPM) performed in a subset of 562 patients confirmed the results seen with in-clinic systolic and diastolic blood pressure reductions consistently over the entire 24-hours dosing period.

In a further multicentre, randomised, double-blind, active-controlled, parallel group study, a total of 1097 patients with mild to severe hypertension who were not adequately controlled on amlodipine 5 mg received Twynsta (40 mg/5 mg or 80 mg/5 mg) or amlodipine alone (5 mg or 10 mg). After 8 weeks of treatment, each of the combinations was statistically significantly superior to both amlodipine monotherapy doses in reducing systolic and diastolic blood pressures (–13.6/–9.4 mmHg, –15.0/–10.6 mmHg with 40 mg/5 mg, 80 mg/5 mg versus –6.2/–5.7 mmHg, –11.1/–8.0 mmHg with amlodipine 5 mg and 10 mg and higher diastolic blood pressure control rates compared to the respective monotherapies were achieved (56.7 %, 63.8 % with 40 mg/5 mg and 80 mg/5 mg versus 42-%, 56.7 % with amlodipine 5 mg and 10 mg). Oedema rates were significantly lower with 40 mg/5 mg and 80 mg/5 mg compared to amlodipine 10 mg (4.4 % versus 24.9 %, respectively).

In another multicentre, randomised, double-blind, active-controlled, parallel group study, a total of 947 patients with mild to severe hypertension who were not adequately controlled on amlodipine 10 mg received Twynsta (40 mg/10 mg or 80 mg/10 mg) or amlodipine alone (10 mg). After 8 weeks of treatment, each of the combination treatments was statistically significantly superior to amlodipine monotherapy in reducing diastolic and systolic blood pressure (–11.1/–9.2 mmHg, –11.3/–9.3 mmHg with 40 mg/10 mg, 80 mg/10 mg versus –7.4/–6.5 mmHg with amlodipine 10 mg) and higher diastolic blood pressure normalisation rates compared to monotherapy were achieved (63.7 %, 66.5 % with 40 mg/10 mg, 80 mg/10 mg versus 51.1 % with amlodipine 10 mg).

In two corresponding open-label long-term follow up studies performed over a further 6 months the effect of Twynsta was maintained over the trial period. Furthermore it was shown that some patients not adequately controlled with Twynsta 40 mg/10 mg had additional blood pressure reduction by up-titration to Twynsta 80 mg/10 mg.

The overall incidence of adverse reactions with Twynsta in the clinical trial programme was low with only 12.7 % of patients on treatment experiencing adverse reactions. The most common adverse reactions were peripheral oedema and dizziness, see also section 4.8. The adverse reactions reported were in agreement with those anticipated from the safety profiles of the components telmisartan and amlodipine. No new or more severe adverse reactions were observed. The oedema related events (peripheral oedema, generalised oedema, and oedema) were consistently lower in patients who received Twynsta as compared to patients who received amlodipine 10 mg. In the factorial design trial the oedema rates were 1.3 % with Twynsta 40 mg/5 mg and 80 mg/5 mg, 8.8 % with Twynsta 40 mg/10 mg and 80 mg/10 mg and 18.4 % with Amlodipine 10 mg. In patients not controlled on amlodipine 5 mg the oedema rates were 4.4 % for 40 mg/5 mg and 80 mg/5 mg and 24.9 % for amlodipine 10 mg.

The antihypertensive effect of Twynsta was similar irrespective of age and gender, and was similar in patients with and without diabetes.

Twynsta has not been studied in any patient population other than hypertension. Telmisartan has been studied in a large outcome study in 25,620 patients with high cardiovascular risk (ONTARGET). Amlodipine has been studied in patients with chronic stable angina, vasospastic angina and angiographically documented coronary artery disease.

### Paediatric population

The European Medicines Agency has waived the obligation to submit the results of studies with Twynsta in all subsets of the paediatric population in hypertension (see section 4.2 for information on paediatric use).

## **5.2 Pharmacokinetic properties**

### Pharmacokinetic of the fixed dose combination

The rate and extent of absorption of Twynsta are equivalent to the bioavailability of telmisartan and amlodipine when administered as individual tablets.

### Absorption

Absorption of telmisartan is rapid although the amount absorbed varies. The mean absolute bioavailability for telmisartan is about 50 %. When telmisartan is taken with food, the reduction in the area under the plasma concentration-time curve ( $AUC_{0-\infty}$ ) of telmisartan varies from approximately 6 % (40 mg dose) to approximately 19 % (160 mg dose). By 3 hours after administration, plasma concentrations are similar whether telmisartan is taken fasting or with food.

After oral administration of therapeutic doses, amlodipine is well absorbed with peak blood levels between 6-12 hours post dose. Absolute bioavailability has been estimated to be between 64 and 80 %. Amlodipine bioavailability is not affected by food ingestion.

### Distribution

Telmisartan is largely bound to plasma protein (>99.5 %), mainly albumin and alpha-1 acid glycoprotein. The mean steady state apparent volume of distribution ( $V_{dss}$ ) is approximately 500 l.

The volume of distribution of amlodipine is approximately 21 l/kg. *In vitro* studies have shown that approximately 97.5 % of circulating amlodipine is bound to plasma proteins in hypertensive patients.

### Biotransformation

Telmisartan is metabolised by conjugation to the glucuronide of the parent compound. No pharmacological activity has been shown for the conjugate.

Amlodipine is extensively (approximately 90 %) metabolised by the liver to inactive metabolites.

### Elimination

Telmisartan is characterised by biexponential decay pharmacokinetics with a terminal elimination half-life of >20 hours. The maximum plasma concentration ( $C_{max}$ ) and, to a smaller extent, the area under the plasma concentration-time curve (AUC), increase disproportionately with dose. There is no evidence of clinically relevant accumulation of telmisartan taken at the recommended dose. Plasma concentrations were higher in females than in males, without relevant influence on efficacy.

After oral (and intravenous) administration, telmisartan is nearly exclusively excreted with the faeces, mainly as unchanged compound. Cumulative urinary excretion is <1 % of dose. Total plasma clearance ( $Cl_{tot}$ ) is high (approximately 1,000 ml/min) compared with hepatic blood flow (about 1,500 ml/min).

Amlodipine elimination from plasma is biphasic, with a terminal elimination half-life of approximately 30 to 50 hours consistent with once daily dosing. Steady-state plasma levels are reached after continuous administration for 7-8 days. Ten per cent of original amlodipine and 60 % of amlodipine metabolites are excreted in urine.

### Linearity/non-linearity

The small reduction in AUC for telmisartan is not expected to cause a reduction in the therapeutic efficacy. There is no linear relationship between doses and plasma levels.  $C_{max}$  and to a lesser extent AUC increase disproportionately at doses above 40 mg.

Amlodipine exhibits linear pharmacokinetics.

### Paediatric population (age below 18 years)

No pharmacokinetic data are available in the paediatric population.

### Gender

Differences in plasma concentrations of telmisartan were observed, with  $C_{max}$  and AUC being approximately 3- and 2-fold higher, respectively, in females compared to males.

### Elderly

The pharmacokinetics of telmisartan do not differ in young and elderly patients.

The time to reach peak plasma concentrations of amlodipine is similar in elderly and younger subjects. In elderly patients, amlodipine clearance tends to decline with resulting increases in AUC and elimination half-life.

#### Renal impairment

In patients with mild to moderate and severe renal impairment, doubling of plasma concentrations of telmisartan was observed. However, lower plasma concentrations were observed in patients with renal insufficiency undergoing dialysis. Telmisartan is highly bound to plasma protein in renal-insufficient subjects and cannot be removed by dialysis. The elimination half-life is not changed in patients with renal impairment. The pharmacokinetics of amlodipine are not significantly influenced by renal impairment.

#### Hepatic impairment

Pharmacokinetic studies in patients with hepatic impairment showed an increase in absolute bioavailability of telmisartan up to nearly 100 %. The elimination half-life of telmisartan is not changed in patients with hepatic impairment. Patients with hepatic insufficiency have decreased clearance of amlodipine with resulting increase of approximately 40-60 % in AUC.

### **5.3 Preclinical safety data**

Since the non-clinical toxicity profiles of telmisartan and amlodipine are not overlapping, no exacerbation of toxicity was expected for the combination. This has been confirmed in a subchronic (13-week) toxicology study in rats, in which dose levels of 3.2/0.8, 10/2.5 and 40/10 mg/kg of telmisartan and amlodipine were tested.

Preclinical data available for the components of this fixed dose combination are reported below.

#### Telmisartan

In preclinical safety studies, doses producing exposure comparable to that in the clinical therapeutic range caused reduced red cell parameters (erythrocytes, haemoglobin, haematocrit), changes in renal haemodynamics (increased blood urea nitrogen and creatinine), as well as increased serum potassium in normotensive animals. In dogs, renal tubular dilation and atrophy were observed. Gastric mucosal injury (erosion, ulcers or inflammation) also was noted in rats and dogs. These pharmacologically-mediated undesirable effects, known from preclinical studies with both angiotensin converting enzyme inhibitors and angiotensin II receptor antagonists, were prevented by oral saline supplementation. In both species, increased plasma renin activity and hypertrophy/hyperplasia of the renal juxtaglomerular cells were observed. These changes, also a class effect of angiotensin converting enzyme inhibitors and other angiotensin II receptor antagonists, do not appear to have clinical significance.

No clear evidence of a teratogenic effect was observed, however at toxic dose levels of telmisartan an effect on the postnatal development of the offspring such as lower body weight and delayed eye opening was observed.

There was no evidence of mutagenicity and relevant clastogenic activity in *in vitro* studies and no evidence of carcinogenicity in rats and mice.

#### Amlodipine

Preclinical data reveal no special hazard for humans based on conventional studies of safety pharmacology, repeated dose toxicity, genotoxicity and carcinogenic potential.

In reproductive toxicity studies in rats, delayed parturition, difficult labour and impaired fetal and pup survival were seen at high doses. There was no effect on the fertility of rats treated orally with amlodipine maleate (males for 64 days and females for 14 days prior to mating) at doses of up to 10 mg amlodipine/kg/day (about 10 times the maximum recommended human dose of 10 mg/day on an mg/m<sup>2</sup> basis).

## **6. PHARMACEUTICAL PARTICULARS**

### **6.1 List of excipients**

Colloidal anhydrous silica  
Brilliant blue FCF (E133)  
Ferric oxide black (E172)  
Ferric oxide yellow (E172)  
Magnesium stearate  
Maize starch  
Meglumine  
Microcrystalline cellulose  
Povidone K25  
Pregelatinised starch (prepared from maize starch)  
Sodium hydroxide  
Sorbitol (E420)

### **6.2 Incompatibilities**

Not applicable.

### **6.3 Shelf life**

3 years

### **6.4 Special precautions for storage**

This medicinal product does not require any special temperature storage conditions.  
Store in the original package in order to protect from light and moisture.  
Remove the tablets from the blister only directly prior to intake.

### **6.5 Nature and contents of container**

Aluminium/aluminium blisters (PA/Al/PVC/Al) in a carton containing 14, 28, 56, 98 tablets or aluminium/aluminium perforated unit dose blisters (PA/Al/PVC/Al) in a carton containing 30 x 1, 90 x 1 tablets and multipacks containing 360 (4 packs of 90 x 1) tablets.

Not all pack sizes may be marketed.

### **6.6 Special precautions for disposal**

No special requirements.

## **7. MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim International GmbH  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

## **8. MARKETING AUTHORISATION NUMBERS**

EU/1/10/648/008 (14 tablets)  
EU/1/10/648/009 (28 tablets)  
EU/1/10/648/010 (30 x 1 tablets)  
EU/1/10/648/011 (56 tablets)  
EU/1/10/648/012 (90 x 1 tablets)  
EU/1/10/648/013 (98 tablets)  
EU/1/10/648/014 (360 (4 x 90 x 1) tablets)

## **9. DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION**

Date of first authorisation: 7 October 2010  
Date of latest renewal: 20 August 2015

## **10. DATE OF REVISION OF THE TEXT**

Detailed information on this medicinal product is available on the website of the European Medicines Agency <http://www.ema.europa.eu/>.

## 1. NAME OF THE MEDICINAL PRODUCT

Twynsta 80 mg/5 mg tablets

## 2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Each tablet contains 80 mg telmisartan and 5 mg amlodipine (as amlodipine besilate).

### Excipient(s) with known effect:

Each tablet contains 337.28 mg sorbitol (E420).

For the full list of excipients, see section 6.1.

## 3. PHARMACEUTICAL FORM

Tablet

Blue and white oval shaped two layer tablets engraved with the product code A3 and the company logo on the white layer.

## 4. CLINICAL PARTICULARS

### 4.1 Therapeutic indications

Treatment of essential hypertension in adults:

#### Add on therapy

Twynsta 80 mg/5 mg is indicated in adults whose blood pressure is not adequately controlled with Twynsta 40 mg/5 mg .

#### Replacement therapy

Adult patients receiving telmisartan and amlodipine from separate tablets can instead receive tablets of Twynsta containing the same component doses.

### 4.2 Posology and method of administration

#### Posology

The recommended dose of this medicinal product is one tablet per day.

The maximum recommended dose is one tablet 80 mg telmisartan/10 mg amlodipine per day. This medicinal product is indicated for long term treatment.

Administration of amlodipine with grapefruit or grapefruit juice is not recommended as bioavailability may be increased in some patients resulting in increased blood pressure lowering effects (see section 4.5).

#### Add on therapy

Twynsta 80 mg/5 mg may be administered in patients whose blood pressure is not adequately controlled with Twynsta 40 mg/5 mg.

Individual dose titration with the components (i.e. amlodipine and telmisartan) is recommended before changing to the fixed dose combination. When clinically appropriate, direct change from monotherapy to the fixed combination may be considered.



Patients treated with 10 mg amlodipine who experience any dose limiting adverse reactions such as oedema, may be switched to Twynsta 40 mg/5 mg once daily, reducing the dose of amlodipine without reducing the overall expected antihypertensive response.

#### Replacement therapy

Patients receiving telmisartan and amlodipine from separate tablets can instead receive tablets of Twynsta containing the same component doses in one tablet once daily.

#### Elderly (> 65 years)

No dose adjustment is necessary for elderly patients. Little information is available in the very elderly patients.

#### Renal impairment

Limited experience is available in patients with severe renal impairment or haemodialysis. Caution is advised when using telmisartan/amlodipine in such patients as amlodipine and telmisartan are not dialysable (see also section 4.4).

No posology adjustment is required for patients with mild to moderate renal impairment.

#### Hepatic impairment

Twynsta is contraindicated in patients with severe hepatic impairment (see section 4.3).

In patients with mild to moderate hepatic impairment telmisartan/amlodipine should be administered with caution. For telmisartan the posology should not exceed 40 mg once daily (see section 4.4).

#### Paediatric population

The safety and efficacy of telmisartan/amlodipine in children aged below 18 years have not been established. No data are available.

#### Method of administration

Oral use.

Twynsta can be taken with or without food. It is recommended to take Twynsta with some liquid.

### **4.3 Contraindications**

- Hypersensitivity to the active substances, to dihydropyridine derivatives, or to any of the excipients listed in section 6.1
- Second and third trimesters of pregnancy (see sections 4.4 and 4.6)
- Biliary obstructive disorders and severe hepatic impairment
- Shock (including cardiogenic shock)
- Obstruction of the outflow tract of the left ventricle (e.g. high grade aortic stenosis)
- Haemodynamically unstable heart failure after acute myocardial infarction

The concomitant use of telmisartan/amlodipine with aliskiren-containing products is contraindicated in patients with diabetes mellitus or renal impairment ( $\text{GFR} < 60 \text{ ml/min/1.73 m}^2$ ) (see sections 4.5 and 5.1).

### **4.4 Special warnings and precautions for use**

#### Pregnancy

Angiotensin II receptor antagonists should not be initiated during pregnancy. Unless continued angiotensin II receptor antagonist therapy is considered essential, patients planning pregnancy should be changed to alternative antihypertensive treatments which have an established safety profile for use in pregnancy. When pregnancy is diagnosed, treatment with angiotensin II receptor antagonists should be stopped immediately, and, if appropriate, alternative therapy should be started (see section 4.3 and 4.6).

### Hepatic impairment

Telmisartan is mostly eliminated in the bile. Patients with biliary obstructive disorders or hepatic insufficiency can be expected to have reduced clearance. Furthermore as with all calcium antagonists, amlodipine half-life is prolonged in patients with impaired liver function and dose recommendations have not been established. telmisartan/amlodipine should therefore be used with caution in these patients.

### Renovascular hypertension

There is an increased risk of severe hypotension and renal insufficiency when patients with bilateral renal artery stenosis or stenosis of the artery to a single functioning kidney are treated with medicinal products that affect the renin-angiotensin-aldosterone system (RAAS).

### Renal impairment and kidney transplantation

When telmisartan/amlodipine is used in patients with impaired renal function, a periodic monitoring of potassium and creatinine serum levels is recommended. There is no experience regarding the administration of telmisartan/amlodipine in patients with a recent kidney transplant. Telmisartan and amlodipine are not dialysable.

### Intravascular hypovolaemia

Symptomatic hypotension, especially after the first dose, may occur in patients who are volume and/or sodium depleted by e.g. vigorous diuretic therapy, dietary salt restriction, diarrhoea or vomiting. Such conditions should be corrected before the administration of telmisartan. If hypotension occurs with telmisartan/amlodipine, the patient should be placed in the supine position and, if necessary, given an intravenous infusion of normal saline. Treatment can be continued once blood pressure has been stabilised.

### Dual blockade of the renin-angiotensin-aldosterone system (RAAS)

There is evidence that the concomitant use of ACE-inhibitors, angiotensin II receptor blockers or aliskiren increases the risk of hypotension, hyperkalaemia and decreased renal function (including acute renal failure). Dual blockade of RAAS through the combined use of ACE-inhibitors, angiotensin II receptor blockers or aliskiren is therefore not recommended (see sections 4.5 and 5.1).

If dual blockade therapy is considered absolutely necessary, this should only occur under specialist supervision and subject to frequent close monitoring of renal function, electrolytes and blood pressure. ACE-inhibitors and angiotensin II receptor blockers should not be used concomitantly in patients with diabetic nephropathy.

### Other conditions with stimulation of the renin-angiotensin-aldosterone system

In patients whose vascular tone and renal function depend predominantly on the activity of the renin-angiotensin-aldosterone system (e.g. patients with severe congestive heart failure or underlying renal disease, including renal artery stenosis), treatment with medicinal products that affect this system has been associated with acute hypotension, hyperazotaemia, oliguria, or rarely acute renal failure (see section 4.8).

### Primary aldosteronism

Patients with primary aldosteronism generally will not respond to antihypertensive medicinal products acting through inhibition of the renin-angiotensin system. Therefore, the use of telmisartan is not recommended.

### Aortic and mitral valve stenosis, obstructive hypertrophic cardiomyopathy

As with other vasodilators, special caution is indicated in patients suffering from aortic or mitral stenosis, or obstructive hypertrophic cardiomyopathy.

### Unstable angina pectoris, acute myocardial infarction

There are no data to support the use of telmisartan/amlodipine in unstable angina pectoris and during or within one month of a myocardial infarction.

### Heart failure

In a long-term, placebo controlled study (PRAISE-2) of amlodipine in patients with NYHA III and IV heart failure of non-ischaemic aetiology, amlodipine was associated with increased reports of pulmonary oedema despite no significant difference in the incidence of worsening heart failure as compared to placebo (see section 5.1).

### Diabetic patients treated with insulin or antidiabetics

In these patients hypoglycaemia may occur under telmisartan treatment. Therefore, in these patients an appropriate blood glucose monitoring should be considered; a dose adjustment of insulin or antidiabetics may be required when indicated.

### Hyperkalaemia

The use of medicinal products that affect the renin-angiotensin-aldosterone system may cause hyperkalaemia. Hyperkalaemia may be fatal in the elderly, in patients with renal insufficiency, in diabetic patients, in patients concomitantly treated with other medicinal products that may increase potassium levels, and/or in patients with intercurrent events.

Before considering the concomitant use of medicinal products that affect the renin-angiotensin-aldosterone system, the benefit risk ratio should be evaluated.

The main risk factors for hyperkalaemia to be considered are:

- Diabetes mellitus, renal impairment, age (>70 years)
- Combination with one or more other medicinal products that affect the renin-angiotensin-aldosterone system and/or potassium supplements. Medicinal products or therapeutic classes of medicinal products that may provoke hyperkalaemia are salt substitutes containing potassium, potassium-sparing diuretics, ACE inhibitors, angiotensin II receptor antagonists, non steroidal anti-inflammatory medicinal products (NSAIDs, including selective COX-2 inhibitors), heparin, immunosuppressives (cyclosporin or tacrolimus), and trimethoprim.
- Intercurrent events, in particular dehydration, acute cardiac decompensation, metabolic acidosis, worsening of renal function, sudden worsening of the renal condition (e.g. infectious diseases), cellular lysis (e.g. acute limb ischemia, rhabdomyolysis, extensive trauma).

Serum potassium should be monitored closely in these patients (see section 4.5).

### Sorbitol

This medicine contains 337.28 mg sorbitol in each tablet.

Sorbitol is a source of fructose. Twynsta is not recommended for use in patients with hereditary fructose intolerance (HFI).

### Other

As with any antihypertensive medicinal product, excessive reduction of blood pressure in patients with ischaemic cardiomyopathy or ischaemic cardiovascular disease could result in a myocardial infarction or stroke.

## **4.5 Interaction with other medicinal products and other forms of interaction**

No interactions between the two components of this fixed dose combinations have been observed in clinical studies.

### Interactions common to the combination

No drug interaction studies have been performed.

### To be taken into account with concomitant use

#### *Other antihypertensive medicinal products*

The blood pressure lowering effect of telmisartan/amlodipine can be increased by concomitant use of other antihypertensive medicinal products.

#### *Medicinal products with blood pressure lowering potential*

Based on their pharmacological properties it can be expected that the following medicinal products may potentiate the hypotensive effects of all antihypertensives including this medicinal product, e.g. baclofen, amifostine, neuroleptics or antidepressants. Furthermore, orthostatic hypotension may be aggravated by alcohol.

#### *Corticosteroids (systemic route)*

Reduction of the antihypertensive effect.

### Interactions linked to telmisartan

#### Concomitant use not recommended

##### *Potassium sparing diuretics or potassium supplements*

Angiotensin II receptor antagonists such as telmisartan, attenuate diuretic induced potassium loss. Potassium sparing diuretics e.g. spironolactone, eplerenone, triamterene, or amiloride, potassium supplements, or potassium-containing salt substitutes may lead to a significant increase in serum potassium. If concomitant use is indicated because of documented hypokalaemia, they should be used with caution and with frequent monitoring of serum potassium.

##### *Lithium*

Reversible increases in serum lithium concentrations and toxicity have been reported during concomitant administration of lithium with angiotensin converting enzyme inhibitors, and with angiotensin II receptor antagonists, including telmisartan. If use of the combination proves necessary, careful monitoring of serum lithium levels is recommended.

##### *Other antihypertensive agents acting on the renin-angiotensin-aldosterone system (RAAS)*

Clinical trial data has shown that dual blockade of the renin-angiotensin-aldosterone system (RAAS) through the combined use of ACE-inhibitors, angiotensin II receptor blockers or aliskiren is associated with a higher frequency of adverse events such as hypotension, hyperkalaemia and decreased renal function (including acute renal failure) compared to the use of a single RAAS-acting agent (see sections 4.3, 4.4 and 5.1).

#### Concomitant use requiring caution

##### *Non-steroidal anti-inflammatory medicinal products*

NSAIDs (i.e. acetylsalicylic acid at anti-inflammatory dosage regimens, COX-2 inhibitors and non-selective NSAIDs) may reduce the antihypertensive effect of angiotensin II receptor antagonists. In some patients with compromised renal function (e.g. dehydrated patients or elderly patients with compromised renal function), the co-administration of angiotensin II receptor antagonists and medicinal products that inhibit cyclo-oxygenase may result in further deterioration of renal function, including possible acute renal failure, which is usually reversible. Therefore, the combination should be administered with caution, especially in the elderly. Patients should be adequately hydrated and consideration should be given to monitoring of renal function after initiation of concomitant therapy and periodically thereafter.

### *Ramipril*

In one study the co-administration of telmisartan and ramipril led to an increase of up to 2.5 fold in the  $AUC_{0-24}$  and  $C_{max}$  of ramipril and ramiprilat. The clinical relevance of this observation is not known.

### *Concomitant use to be taken into account*

### *Digoxin*

When telmisartan was co-administered with digoxin, median increases in digoxin peak plasma concentration (49 %) and in trough concentration (20 %) were observed. When initiating, adjusting, and discontinuing telmisartan, monitor digoxin levels in order to maintain levels within the therapeutic range.

### Interactions linked to amlodipine

### *Concomitant use requiring caution*

#### *CYP3A4 inhibitors*

With concomitant use with the CYP3A4 inhibitor erythromycin in young patients and diltiazem in elderly patients respectively, the plasma concentration of amlodipine increased by 22 % and 50 % respectively. However, the clinical relevance of this finding is uncertain. It cannot be ruled out that strong inhibitors of CYP3A4 (i.e. ketoconazole, itraconazole, ritonavir) may increase the plasma concentrations of amlodipine to a greater extent than diltiazem. Amlodipine should be used with caution together with CYP3A4 inhibitors. However, no adverse events attributable to such interaction have been reported.

#### *CYP3A4 inducers*

Upon co-administration of known inducers of the CYP3A4, the plasma concentration of amlodipine may vary. Therefore, blood pressure should be monitored and dose regulation considered both during and after concomitant medication particularly with strong CYP3A4 inducers (e.g. rifampicin, hypericum perforatum).

#### *Grapefruit and grapefruit juice*

Concomitant administration of 240 ml of grapefruit juice with a single oral dose of 10 mg amlodipine in 20 healthy volunteers did not show a significant effect on the pharmacokinetic properties of amlodipine. The concomitant use of amlodipine and grapefruit or grapefruit juice is still not recommended in patients as the bioavailability of amlodipine may increase in some and may result in increased hypotensive effects.

### *Concomitant use to be taken into account*

#### *Tacrolimus*

There is a risk of increased tacrolimus blood levels when co-administered with amlodipine but the pharmacokinetic mechanism of this interaction is not fully understood. In order to avoid toxicity of tacrolimus, administration of amlodipine in a patient treated with tacrolimus requires monitoring of tacrolimus blood levels and dose adjustment of tacrolimus when appropriate.

#### *Cyclosporine*

No drug interaction studies have been conducted with cyclosporine and amlodipine in healthy volunteers or other populations with the exception of renal transplant patients, where variable trough concentration increases (average 0% - 40%) of cyclosporine were observed. Consideration should be given for monitoring cyclosporine levels in renal transplant patients on amlodipine, and cyclosporine dose reductions should be made as necessary.

### *Simvastatin*

Co-administration of multiple doses of amlodipine with simvastatin 80 mg resulted in an increase in exposure to simvastatin up to 77 % compared to simvastatin alone. Therefore, the dose of simvastatin in patients on amlodipine should be limited to 20 mg daily.

### *Others*

Amlodipine has been safely administered with digoxin, warfarin, atorvastatin, sildenafil, anti-acid medicinal products (aluminium hydroxide, magnesium hydroxide, simeticone), cimetidine, antibiotics and oral hypoglycaemic medicinal products. When amlodipine and sildenafil were used in combination, each agent independently exerted its own blood pressure lowering effect.

## **4.6 Fertility, pregnancy and lactation**

### Pregnancy

There are limited data from the use of telmisartan/amlodipine in pregnant women. Animal reproductive toxicity studies with telmisartan/amlodipine have not been performed.

### *Telmisartan*

The use of angiotensin II receptor antagonists is not recommended during the first trimester of pregnancy (see section 4.4). The use of angiotensin II receptor antagonists is contraindicated during the second and third trimesters of pregnancy (see sections 4.3 and 4.4).

Studies with telmisartan in animals have shown reproductive toxicity (see section 5.3).

Epidemiological evidence regarding the risk of teratogenicity following exposure to ACE inhibitors during the first trimester of pregnancy has not been conclusive; however a small increase in risk cannot be excluded. Whilst there is no controlled epidemiological data on the risk with angiotensin II receptor antagonists, similar risks may exist for this class of medicinal products. Unless continued angiotensin II receptor antagonist therapy is considered essential, patients planning pregnancy should be changed to alternative antihypertensive treatments which have an established safety profile for use in pregnancy. When pregnancy is diagnosed, treatment with angiotensin II receptor antagonists should be stopped immediately, and, if appropriate, alternative therapy should be started.

Exposure to angiotensin II receptor antagonist therapy during the second and third trimesters is known to induce human fetotoxicity (decreased renal function, oligohydramnios, skull ossification retardation) and neonatal toxicity (renal failure, hypotension, hyperkalaemia) (see section 5.3).

Should exposure to angiotensin II receptor antagonists have occurred from the second trimester of pregnancy, ultrasound check of renal function and skull is recommended.

Infants whose mothers have taken angiotensin II receptor antagonists should be closely observed for hypotension (see sections 4.3 and 4.4).

### *Amlodipine*

Data on a limited number of exposed pregnancies do not indicate that amlodipine or other calcium receptor antagonists have a harmful effect on the health of the fetus. However, there may be a risk of prolonged delivery.

### Breast-feeding

Amlodipine is excreted in human milk. The proportion of the maternal dose received by the infant has been estimated with an interquartile range of 3 – 7%, with a maximum of 15%. The effect of amlodipine on infants is unknown.

Because no information is available regarding the use of telmisartan during breast-feeding, telmisartan/amlodipine is not recommended and alternative treatments with better established safety profiles during breast-feeding are preferable, especially while breast-feeding a newborn or preterm infant.

## Fertility

No data from controlled clinical studies with the fixed dose combination or with the individual components are available.

Separate reproductive toxicity studies with the combination of telmisartan and amlodipine have not been conducted.

In preclinical studies, no effects of telmisartan on male and female fertility were observed.

Similarly, no effects on male and female fertility were reported for amlodipine (see section 5.3).

Reversible biochemical changes in the head of spermatozoa which can impair fecundation have been observed for calcium channel blockers in preclinical and *in vitro* studies. No clinical relevance has been established.

## **4.7 Effects on ability to drive and use machines**

This medicinal product has moderate influence on the ability to drive and use machines. Patients should be advised that they may experience adverse reactions such as syncope, somnolence, dizziness, or vertigo during treatment (see section 4.8). Therefore, caution should be recommended when driving a car or using machines. If patients experience these adverse reactions, they should avoid potentially hazardous tasks such as driving or using machines.

## **4.8 Undesirable effects**

### Summary of the safety profile

The most common adverse reactions include dizziness and peripheral oedema. Serious syncope may occur rarely (less than 1 case per 1,000 patients).

Adverse reactions previously reported with one of the individual components (telmisartan or amlodipine) may be potential adverse reactions with Twynsta as well, even if not observed in clinical trials or during the post-marketing period.

### Tabulated list of adverse reactions

The safety and tolerability of Twynsta has been evaluated in five controlled clinical studies with over 3,500 patients, over 2,500 of whom received telmisartan in combination with amlodipine.

Adverse reactions have been ranked under headings of frequency using the following convention: very common ( $\geq 1/10$ ); common ( $\geq 1/100$  to  $< 1/10$ ); uncommon ( $\geq 1/1,000$  to  $< 1/100$ ); rare ( $\geq 1/10,000$  to  $< 1/1,000$ ); very rare ( $< 1/10,000$ ), not known (cannot be estimated from the available data).

Within each frequency grouping, adverse reactions are presented in order of decreasing seriousness.

<b>System Organ Class</b>	<b>Twynsta</b>	<b>Telmisartan</b>	<b>Amlodipine</b>
<b><i>Infections and infestations</i></b>			
Uncommon		upper respiratory tract infection including pharyngitis and sinusitis, urinary tract infection including cystitis	
Rare	cystitis	sepsis including fatal outcome <sup>1</sup>	

<b><i>Blood and lymphatic system disorders:</i></b>			
Uncommon		anaemia	
Rare		thrombocytopenia, eosinophilia	
Very rare			leukocytopenia, thrombocytopenia
<b><i>Immune system disorders:</i></b>			
Rare		hypersensitivity, anaphylactic reaction	
Very rare			hypersensitivity
<b><i>Metabolism and nutrition disorders</i></b>			
Uncommon		hyperkalaemia	
Rare		hypoglycaemia (in diabetic patients)	
Very rare			hyperglycaemia
<b><i>Psychiatric disorders</i></b>			
Uncommon			mood change
Rare	depression, anxiety, insomnia		confusion
<b><i>Nervous system disorders</i></b>			
Common	dizziness		
Uncommon	somnolence, migraine, headache, paraesthesia		
Rare	syncope, peripheral neuropathy, hypoesthesia, dysgeusia, tremor		
Very rare			extrapyramidal syndrome
<b><i>Eye disorders</i></b>			
Uncommon			visual impairment
Rare		visual disturbance	
<b><i>Ear and labyrinth disorders</i></b>			
Uncommon	vertigo		tinnitus



<b><i>Cardiac disorders</i></b>			
Uncommon	bradycardia, palpitations		
Rare		tachycardia	
Very rare			myocardial infarction, arrhythmia, ventricular tachycardia, atrial fibrillation
<b><i>Vascular disorders</i></b>			
Uncommon	hypotension, orthostatic hypotension, flushing		
Very rare			vasculitis
<b><i>Respiratory, thoracic and mediastinal disorders</i></b>			
Uncommon	cough	dyspnoea	dyspnoea, rhinitis
Very rare	interstitial lung disease <sup>3</sup>		
<b><i>Gastrointestinal disorder</i></b>			
Uncommon	abdominal pain, diarrhoea, nausea	flatulence	change of bowel habit
Rare	vomiting, gingival hypertrophy, dyspepsia, dry mouth	stomach discomfort	
Very rare			pancreatitis, gastritis
<b><i>Hepato-biliary disorders</i></b>			
Rare		hepatic function abnormal, liver disorder <sup>2</sup>	
Very rare			hepatitis, jaundice, hepatic enzyme elevations (mostly consistent with cholestasis)
<b><i>Skin and subcutaneous tissue disorders</i></b>			
Uncommon	pruritus	hyperhidrosis	alopecia, purpura, skin discolouration, hyperhidrosis
Rare	eczema, erythema, rash	angioedema (with fatal outcome), drug eruption,	

		toxic skin eruption, urticaria	
Very rare			angioedema, erythema multiforme, urticaria, exfoliative dermatitis, Stevens-Johnson syndrome, photosensitivity
Not known			toxic epidermal necrolysis
<b><i>Musculoskeletal and connective tissue disorders</i></b>			
Uncommon	arthralgia, muscle spasms (cramps in legs), myalgia		
Rare	back pain, pain in extremity (leg pain)	tendon pain (tendinitis like symptoms)	
<b><i>Renal and urinary disorders</i></b>			
Uncommon		renal impairment including acute renal failure	micturition disorder, pollakiuria
Rare	nocturia		
<b><i>Reproductive system and breast disorders</i></b>			
Uncommon	erectile dysfunction		gynaecomastia
<b><i>General disorders and administration site condition</i></b>			
Common	peripheral oedema		
Uncommon	asthenia, chest pain, fatigue, oedema		pain
Rare	malaise	influenza-like illness	
<b><i>Investigations</i></b>			
Uncommon	hepatic enzymes increased	blood creatinine increased	weight increased, weight decreased
Rare	blood uric acid increased	blood creatine phosphokinase increased, haemoglobin decreased	

<sup>1</sup>: the event may be a chance finding or related to a mechanism currently not known

<sup>2</sup>: most cases of hepatic function abnormal / liver disorder from post-marketing experience with telmisartan occurred in Japanese patients. Japanese patients are more likely to experience these adverse reactions.

<sup>3</sup>: cases of interstitial lung disease (predominantly interstitial pneumonia and eosinophilic pneumonia) have been reported from post-marketing experience with telmisartan

#### Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicinal product is important. It allows continued monitoring of the benefit/risk balance of the medicinal product. Healthcare professionals are asked to report any suspected adverse reactions via **the national reporting system listed in [Appendix V\\*](#)**.

## **4.9 Overdose**

### Symptoms

Signs and symptoms of overdose are expected to be in line with exaggerated pharmacological effects. The most prominent manifestations of telmisartan overdose are expected to be hypotension and tachycardia; bradycardia, dizziness, increase in serum creatinine, and acute renal failure have also been reported.

Overdose with amlodipine may result in excessive peripheral vasodilatation and possibly reflex tachycardia. Marked and probably prolonged systemic hypotension up to and including shock with fatal outcome have been reported.

### Treatment

The patient should be closely monitored, and the treatment should be symptomatic and supportive. Management depends on the time since ingestion and the severity of the symptoms. Suggested measures include induction of emesis and / or gastric lavage. Activated charcoal may be useful in the treatment of overdose of both telmisartan and amlodipine.

Serum electrolytes and creatinine should be monitored frequently. If hypotension occurs, the patient should be placed in a supine position with elevation of extremities, with salt and volume replacement given quickly. Supportive treatment should be instituted. Intravenous calcium gluconate may be beneficial in reversing the effects of calcium channel blockade. Telmisartan and Amlodipine are not removed by haemodialysis.

## **5. PHARMACOLOGICAL PROPERTIES**

### **5.1 Pharmacodynamic properties**

Pharmacotherapeutic group: Agents acting on the renin-angiotensin system, angiotensin II antagonists and calcium channel blockers; ATC Code: C09DB04.

Twynsta combines two antihypertensive compounds with complementary mechanisms to control blood pressure in patients with essential hypertension: an angiotensin II receptor antagonist, telmisartan, and a dihydropyridinic calcium channel blocker, amlodipine.

The combination of these substances has an additive antihypertensive effect, reducing blood pressure to a greater degree than either component alone.

Twynsta once daily produces effective and consistent reductions in blood pressure across the 24-hour therapeutic dose range.

## Telmisartan

Telmisartan is an orally active and specific angiotensin II receptor (type AT<sub>1</sub>) antagonist. Telmisartan displaces angiotensin II with very high affinity from its binding site at the AT<sub>1</sub> receptor subtype, which is responsible for the known actions of angiotensin II. Telmisartan does not exhibit any partial agonist activity at the AT<sub>1</sub> receptor. Telmisartan selectively binds the AT<sub>1</sub> receptor. The binding is long-lasting. Telmisartan does not show affinity for other receptors, including AT<sub>2</sub> and other less characterised AT receptors. The functional role of these receptors is not known, nor is the effect of their possible overstimulation by angiotensin II, whose levels are increased by telmisartan. Plasma aldosterone levels are decreased by telmisartan. Telmisartan does not inhibit human plasma renin or block ion channels. Telmisartan does not inhibit angiotensin converting enzyme (kininase II), the enzyme which also degrades bradykinin. Therefore it is not expected to potentiate bradykinin-mediated adverse reactions.

In humans, an 80 mg dose of telmisartan almost completely inhibits the angiotensin II evoked blood pressure increase. The inhibitory effect is maintained over 24 hours and still measurable up to 48 hours.

After the first dose of telmisartan, the antihypertensive activity gradually becomes evident within 3 hours. The maximum reduction in blood pressure is generally attained 4 to 8 weeks after the start of treatment and is sustained during long-term therapy.

The antihypertensive effect persists constantly over 24 hours after dosing and includes the last 4 hours before the next dose as shown by ambulatory blood pressure measurements. This is confirmed by trough to peak ratios consistently above 80 % seen after doses of 40 and 80 mg of telmisartan in placebo controlled clinical studies. There is an apparent trend to a dose relationship to a time to recovery of baseline systolic blood pressure. In this respect data concerning diastolic blood pressure are inconsistent.

In patients with hypertension telmisartan reduces both systolic and diastolic blood pressure without affecting pulse rate. The contribution of the medicinal product's diuretic and natriuretic effect to its hypotensive activity has still to be defined. The antihypertensive efficacy of telmisartan is comparable to that of substances representative of other classes of antihypertensive medicinal products (demonstrated in clinical trials comparing telmisartan to amlodipine, atenolol, enalapril, hydrochlorothiazide, and lisinopril).

Upon abrupt cessation of treatment with telmisartan, blood pressure gradually returns to pre-treatment values over a period of several days without evidence of rebound hypertension.

The incidence of dry cough was significantly lower in patients treated with telmisartan than in those given angiotensin converting enzyme inhibitors in clinical trials directly comparing the two antihypertensive treatments.

Two large randomised, controlled trials (ONTARGET (ONgoing Telmisartan Alone and in combination with Ramipril Global Endpoint Trial) and VA NEPHRON-D (The Veterans Affairs Nephropathy in Diabetes)) have examined the use of the combination of an ACE-inhibitor with an angiotensin II receptor blocker.

ONTARGET was a study conducted in patients with a history of cardiovascular or cerebrovascular disease, or type 2 diabetes mellitus accompanied by evidence of end-organ damage. VA NEPHRON-D was a study in patients with type 2 diabetes mellitus and diabetic nephropathy.

These studies have shown no significant beneficial effect on renal and/or cardiovascular outcomes and mortality, while an increased risk of hyperkalaemia, acute kidney injury and/or hypotension as compared to monotherapy was observed. Given their similar pharmacodynamic properties, these results are also relevant for other ACE-inhibitors and angiotensin II receptor blockers.

ACE-inhibitors and angiotensin II receptor blockers should therefore not be used concomitantly in patients with diabetic nephropathy.

ALTITUDE (Aliskiren Trial in Type 2 Diabetes Using Cardiovascular and Renal Disease Endpoints) was a study designed to test the benefit of adding aliskiren to a standard therapy of an ACE-inhibitor or an angiotensin II receptor blocker in patients with type 2 diabetes mellitus and chronic kidney disease,

cardiovascular disease, or both. The study was terminated early because of an increased risk of adverse outcomes. Cardiovascular death and stroke were both numerically more frequent in the aliskiren group than in the placebo group and adverse events and serious adverse events of interest (hyperkalaemia, hypotension and renal dysfunction) were more frequently reported in the aliskiren group than in the placebo group.

### Amlodipine

Amlodipine is a calcium ion influx inhibitor of the dihydropyridine group (slow channel blocker or calcium ion antagonist) and inhibits the transmembrane influx of calcium ions into cardiac and vascular smooth muscle. The mechanism of the antihypertensive action of amlodipine is due to a direct relaxant effect on vascular smooth muscle, leading to reductions in peripheral vascular resistance and in blood pressure. Experimental data indicate that amlodipine binds to both dihydropyridine and non-dihydropyridine binding sites. Amlodipine is relatively vessel-selective, with a greater effect on vascular smooth muscle cells than on cardiac muscle cells.

In patients with hypertension, once daily dosing provides clinically significant reductions of blood pressure in both the supine and standing positions throughout the 24 hour interval. Due to the slow onset of action, acute hypotension is not a feature of amlodipine administration.

In hypertensive patients with normal renal function, therapeutic doses of amlodipine resulted in a decrease in renal vascular resistance and an increase in glomerular filtration rate and effective renal plasma flow, without change in filtration fraction or proteinuria.

Amlodipine has not been associated with any adverse metabolic effects or changes in plasma lipids and is suitable for use in patients with asthma, diabetes, and gout.

### Use in patients with heart failure

Haemodynamic studies and exercise based controlled clinical trials in NYHA Class II-IV heart failure patients have shown that amlodipine did not lead to clinical deterioration as measured by exercise tolerance, left ventricular ejection fraction and clinical symptomatology.

A placebo controlled study (PRAISE) designed to evaluate patients in NYHA Class III-IV heart failure receiving digoxin, diuretics and ACE inhibitors has shown that amlodipine did not lead to an increase in risk of mortality or combined mortality and morbidity with heart failure.

In a follow-up, long term, placebo controlled study (PRAISE-2) of amlodipine in patients with NYHA III and IV heart failure without clinical symptoms or objective findings suggestive of underlying ischaemic disease, on stable doses of ACE inhibitors, digitalis, and diuretics, amlodipine had no effect on total cardiovascular mortality. In this same population amlodipine was associated with increased reports of pulmonary oedema despite no significant difference in the incidence of worsening heart failure as compared to placebo.

### Telmisartan/Amlodipine

In an 8-week multicenter, randomised, double-blind, placebo-controlled, parallel group factorial study in 1461 patients with mild to severe hypertension (mean seated diastolic blood pressure  $\geq 95$  and  $\leq 119$  mmHg), treatment with each combination dose of Twynsta resulted in significantly greater diastolic and systolic blood pressure reductions and higher control rates compared to the respective monotherapy components.

Twynsta showed dose-related reductions in systolic/diastolic blood pressure across the therapeutic dose range of  $-21.8/-16.5$  mmHg (40 mg/5 mg),  $-22.1/-18.2$  mmHg (80 mg/5 mg),  $-24.7/-20.2$  mmHg (40 mg/10 mg) and  $-26.4/-20.1$  mmHg (80 mg/10 mg). The reduction in diastolic blood pressure  $< 90$  mmHg was achieved in 71.6 %, 74.8 %, 82.1 %, 85.3 % of patients respectively. Values are adjusted for baseline and country.

The majority of the antihypertensive effect was attained within 2 weeks after initiation of therapy.

In a subset of 1050 patients with moderate to severe hypertension (DBP  $\geq$ 100 mmHg) 32.7-51.8 % responded sufficiently to monotherapy of either telmisartan or amlodipine. The observed mean changes in systolic/diastolic blood pressure with a combination therapy containing amlodipine 5 mg (-22.2/-17.2 mmHg with 40 mg/5 mg; -22.5/-19.1 mmHg with 80 mg/5 mg) were comparable to or greater than those seen with amlodipine 10 mg (-21.0/-17.6 mmHg) and associated with significant lower oedema rates (1.4 % with 40 mg/5 mg; 0.5 % with 80 mg/5 mg; 17.6 % with amlodipine 10 mg).

Automated ambulatory blood pressure monitoring (ABPM) performed in a subset of 562 patients confirmed the results seen with in-clinic systolic and diastolic blood pressure reductions consistently over the entire 24-hours dosing period.

In a further multicentre, randomised, double-blind, active-controlled, parallel group study, a total of 1097 patients with mild to severe hypertension who were not adequately controlled on amlodipine 5 mg received Twynsta (40 mg/5 mg or 80 mg/5 mg) or amlodipine alone (5 mg or 10 mg). After 8 weeks of treatment, each of the combinations was statistically significantly superior to both amlodipine monotherapy doses in reducing systolic and diastolic blood pressures (-13.6/-9.4 mmHg, -15.0/-10.6 mmHg with 40 mg/5 mg, 80 mg/5 mg versus -6.2/-5.7 mmHg, -11.1/-8.0 mmHg with amlodipine 5 mg and 10 mg and higher diastolic blood pressure control rates compared to the respective monotherapies were achieved (56.7 %, 63.8 % with 40 mg/5 mg and 80 mg/5 mg versus 42 %, 56.7 % with amlodipine 5 mg and 10 mg). Oedema rates were significantly lower with 40 mg/5 mg and 80 mg/5 mg compared to amlodipine 10 mg (4.4 % versus 24.9 %, respectively).

In another multicentre, randomised, double-blind, active-controlled, parallel group study, a total of 947 patients with mild to severe hypertension who were not adequately controlled on amlodipine 10 mg received Twynsta (40 mg/10 mg or 80 mg/10 mg) or amlodipine alone (10 mg). After 8 weeks of treatment, each of the combination treatments was statistically significantly superior to amlodipine monotherapy in reducing diastolic and systolic blood pressure (-11.1/-9.2 mmHg, -11.3/-9.3 mmHg with 40 mg/10 mg, 80 mg/10 mg versus -7.4/-6.5 mmHg with amlodipine 10 mg) and higher diastolic blood pressure normalisation rates compared to monotherapy were achieved (63.7 %, 66.5 % with 40 mg/10 mg, 80 mg/10 mg versus 51.1 % with amlodipine 10 mg).

In two corresponding open-label long-term follow up studies performed over a further 6 months the effect of Twynsta was maintained over the trial period. Furthermore it was shown that some patients not adequately controlled with Twynsta 40 mg/10 mg had additional blood pressure reduction by up-titration to Twynsta 80 mg/10 mg.

The overall incidence of adverse reactions with Twynsta in the clinical trial programme was low with only 12.7 % of patients on treatment experiencing adverse reactions. The most common adverse reactions were peripheral oedema and dizziness, see also section 4.8. The adverse reactions reported were in agreement with those anticipated from the safety profiles of the components telmisartan and amlodipine. No new or more severe adverse reactions were observed. The oedema related events (peripheral oedema, generalised oedema, and oedema) were consistently lower in patients who received Twynsta as compared to patients who received amlodipine 10 mg. In the factorial design trial the oedema rates were 1.3 % with Twynsta 40 mg/5 mg and 80 mg/5 mg, 8.8 % with Twynsta 40 mg/10 mg and 80 mg/10 mg and 18.4 % with Amlodipine 10 mg. In patients not controlled on amlodipine 5 mg the oedema rates were 4.4 % for 40 mg/5 mg and 80 mg/5 mg and 24.9 % for amlodipine 10 mg.

The antihypertensive effect of Twynsta was similar irrespective of age and gender, and was similar in patients with and without diabetes.

Twynsta has not been studied in any patient population other than hypertension. Telmisartan has been studied in a large outcome study in 25,620 patients with high cardiovascular risk (ONTARGET). Amlodipine has been studied in patients with chronic stable angina, vasospastic angina and angiographically documented coronary artery disease.

### Paediatric population

The European Medicines Agency has waived the obligation to submit the results of studies with Twynsta in all subsets of the paediatric population in hypertension (see section 4.2 for information on paediatric use).

## **5.2 Pharmacokinetic properties**

### Pharmacokinetic of the fixed dose combination

The rate and extent of absorption of Twynsta are equivalent to the bioavailability of telmisartan and amlodipine when administered as individual tablets.

### Absorption

Absorption of telmisartan is rapid although the amount absorbed varies. The mean absolute bioavailability for telmisartan is about 50 %. When telmisartan is taken with food, the reduction in the area under the plasma concentration-time curve ( $AUC_{0-\infty}$ ) of telmisartan varies from approximately 6 % (40 mg dose) to approximately 19 % (160 mg dose). By 3 hours after administration, plasma concentrations are similar whether telmisartan is taken fasting or with food.

After oral administration of therapeutic doses, amlodipine is well absorbed with peak blood levels between 6-12 hours post dose. Absolute bioavailability has been estimated to be between 64 and 80 %. Amlodipine bioavailability is not affected by food ingestion.

### Distribution

Telmisartan is largely bound to plasma protein (>99.5 %), mainly albumin and alpha-1 acid glycoprotein. The mean steady state apparent volume of distribution ( $V_{dss}$ ) is approximately 500 l.

The volume of distribution of amlodipine is approximately 21 l/kg. *In vitro* studies have shown that approximately 97.5 % of circulating amlodipine is bound to plasma proteins in hypertensive patients.

### Biotransformation

Telmisartan is metabolised by conjugation to the glucuronide of the parent compound. No pharmacological activity has been shown for the conjugate.

Amlodipine is extensively (approximately 90 %) metabolised by the liver to inactive metabolites.

### Elimination

Telmisartan is characterised by biexponential decay pharmacokinetics with a terminal elimination half-life of >20 hours. The maximum plasma concentration ( $C_{max}$ ) and, to a smaller extent, the area under the plasma concentration-time curve (AUC), increase disproportionately with dose. There is no evidence of clinically relevant accumulation of telmisartan taken at the recommended dose. Plasma concentrations were higher in females than in males, without relevant influence on efficacy.

After oral (and intravenous) administration, telmisartan is nearly exclusively excreted with the faeces, mainly as unchanged compound. Cumulative urinary excretion is <1 % of dose. Total plasma clearance ( $Cl_{tot}$ ) is high (approximately 1,000 ml/min) compared with hepatic blood flow (about 1,500 ml/min).

Amlodipine elimination from plasma is biphasic, with a terminal elimination half-life of approximately 30 to 50 hours consistent with once daily dosing. Steady-state plasma levels are reached after continuous administration for 7-8 days. Ten per cent of original amlodipine and 60 % of amlodipine metabolites are excreted in urine.

### Linearity/non-linearity

The small reduction in AUC for telmisartan is not expected to cause a reduction in the therapeutic efficacy. There is no linear relationship between doses and plasma levels.  $C_{max}$  and to a lesser extent AUC increase disproportionately at doses above 40 mg.

Amlodipine exhibits linear pharmacokinetics.

#### Paediatric population (age below 18 years)

No pharmacokinetic data are available in the paediatric population.

#### Gender

Differences in plasma concentrations of telmisartan were observed, with  $C_{max}$  and AUC being approximately 3- and 2-fold higher, respectively, in females compared to males.

#### Elderly

The pharmacokinetics of telmisartan do not differ in young and elderly patients.

The time to reach peak plasma concentrations of amlodipine is similar in elderly and younger subjects. In elderly patients, amlodipine clearance tends to decline with resulting increases in AUC and elimination half-life.

#### Renal impairment

In patients with mild to moderate and severe renal impairment, doubling of plasma concentrations of telmisartan was observed. However, lower plasma concentrations were observed in patients with renal insufficiency undergoing dialysis. Telmisartan is highly bound to plasma protein in renal-insufficient subjects and cannot be removed by dialysis. The elimination half-life is not changed in patients with renal impairment. The pharmacokinetics of amlodipine are not significantly influenced by renal impairment.

#### Hepatic impairment

Pharmacokinetic studies in patients with hepatic impairment showed an increase in absolute bioavailability of telmisartan up to nearly 100 %. The elimination half-life of telmisartan is not changed in patients with hepatic impairment. Patients with hepatic insufficiency have decreased clearance of amlodipine with resulting increase of approximately 40-60 % in AUC.

### **5.3 Preclinical safety data**

Since the non-clinical toxicity profiles of telmisartan and amlodipine are not overlapping, no exacerbation of toxicity was expected for the combination. This has been confirmed in a subchronic (13-week) toxicology study in rats, in which dose levels of 3.2/0.8, 10/2.5 and 40/10 mg/kg of telmisartan and amlodipine were tested.

Preclinical data available for the components of this fixed dose combination are reported below.

#### Telmisartan

In preclinical safety studies, doses producing exposure comparable to that in the clinical therapeutic range caused reduced red cell parameters (erythrocytes, haemoglobin, haematocrit), changes in renal haemodynamics (increased blood urea nitrogen and creatinine), as well as increased serum potassium in normotensive animals. In dogs, renal tubular dilation and atrophy were observed. Gastric mucosal injury (erosion, ulcers or inflammation) also was noted in rats and dogs. These pharmacologically-mediated undesirable effects, known from preclinical studies with both angiotensin converting enzyme inhibitors and angiotensin II receptor antagonists, were prevented by oral saline supplementation. In both species, increased plasma renin activity and hypertrophy/hyperplasia of the renal juxtaglomerular cells were observed. These changes, also a class effect of angiotensin converting enzyme inhibitors and other angiotensin II receptor antagonists, do not appear to have clinical significance.

No clear evidence of a teratogenic effect was observed, however at toxic dose levels of telmisartan an effect on the postnatal development of the offspring such as lower body weight and delayed eye opening was observed.

There was no evidence of mutagenicity and relevant clastogenic activity in *in vitro* studies and no evidence of carcinogenicity in rats and mice.



## Amlodipine

Preclinical data reveal no special hazard for humans based on conventional studies of safety pharmacology, repeated dose toxicity, genotoxicity and carcinogenic potential.

In reproductive toxicity studies in rats, delayed parturition, difficult labour and impaired fetal and pup survival were seen at high doses. There was no effect on the fertility of rats treated orally with amlodipine maleate (males for 64 days and females for 14 days prior to mating) at doses of up to 10 mg amlodipine/kg/day (about 10 times the maximum recommended human dose of 10 mg/day on an mg/m<sup>2</sup> basis).

## **6. PHARMACEUTICAL PARTICULARS**

### **6.1 List of excipients**

Colloidal anhydrous silica  
Brilliant blue FCF (E133)  
Ferric oxide black (E172)  
Ferric oxide yellow (E172)  
Magnesium stearate  
Maize starch  
Meglumine  
Microcrystalline cellulose  
Povidone K25  
Pregelatinised starch (prepared from maize starch)  
Sodium hydroxide  
Sorbitol (E420)

### **6.2 Incompatibilities**

Not applicable.

### **6.3 Shelf life**

3 years

### **6.4 Special precautions for storage**

This medicinal product does not require any special temperature storage conditions.  
Store in the original package in order to protect from light and moisture.  
Remove the tablets from the blister only directly prior to intake.

### **6.5 Nature and contents of container**

Aluminium/aluminium blisters (PA/Al/PVC/Al) in a carton containing 14, 28, 56, 98 tablets or aluminium/aluminium perforated unit dose blisters (PA/Al/PVC/Al) in a carton containing 30 x 1, 90 x 1 tablets and multipacks containing 360 (4 packs of 90 x 1) tablets.

Not all pack sizes may be marketed.

### **6.6 Special precautions for disposal**

No special requirements.

## **7. MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim International GmbH  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

## **8. MARKETING AUTHORISATION NUMBERS**

EU/1/10/648/015 (14 tablets)  
EU/1/10/648/016 (28 tablets)  
EU/1/10/648/017 (30 x 1 tablets)  
EU/1/10/648/018 (56 tablets)  
EU/1/10/648/019 (90 x 1 tablets)  
EU/1/10/648/020 (98 tablets)  
EU/1/10/648/021 (360 (4 x 90 x 1) tablets)

## **9. DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION**

Date of first authorisation: 7 October 2010  
Date of latest renewal: 20 August 2015

## **10. DATE OF REVISION OF THE TEXT**

Detailed information on this medicinal product is available on the website of the European Medicines Agency <http://www.ema.europa.eu/>.

## 1. NAME OF THE MEDICINAL PRODUCT

Twynsta 80 mg/10 mg tablets

## 2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Each tablet contains 80 mg telmisartan and 10 mg amlodipine (as amlodipine besilate).

### Excipient(s) with known effect:

Each tablet contains 337.28 mg sorbitol (E420).

For the full list of excipients, see section 6.1.

## 3. PHARMACEUTICAL FORM

Tablet

Blue and white oval shaped two layer tablets engraved with the product code A4 and the company logo on the white layer.

## 4. CLINICAL PARTICULARS

### 4.1 Therapeutic indications

Treatment of essential hypertension in adults:

#### Add on therapy

Twynsta 80 mg/10 mg is indicated in adults whose blood pressure is not adequately controlled on on Twynsta 40 mg/10 mg or Twynsta 80 mg/5 mg.

#### Replacement therapy

Adult patients receiving telmisartan and amlodipine from separate tablets can instead receive tablets of Twynsta containing the same component doses.

### 4.2 Posology and method of administration

#### Posology

The recommended dose of this medicinal product is one tablet per day.

The maximum recommended dose is one tablet 80 mg telmisartan/10 mg amlodipine per day. This medicinal product is indicated for long term treatment.

Administration of amlodipine with grapefruit or grapefruit juice is not recommended as bioavailability may be increased in some patients resulting in increased blood pressure lowering effects (see section 4.5).

#### Add on therapy

Twynsta 80 mg/10 mg may be administered in patients whose blood pressure is not adequately controlled on Twynsta 40 mg/10 mg or Twynsta 80 mg/5 mg.

Individual dose titration with the components (i.e. amlodipine and telmisartan) is recommended before changing to the fixed dose combination. When clinically appropriate, direct change from monotherapy to the fixed combination may be considered.

Patients treated with 10 mg amlodipine who experience any dose limiting adverse reactions such as oedema, may be switched to Twynsta 40 mg/5 mg once daily, reducing the dose of amlodipine without reducing the overall expected antihypertensive response.

#### Replacement therapy

Patients receiving telmisartan and amlodipine from separate tablets can instead receive tablets of Twynsta containing the same component doses in one tablet once daily. .

#### Elderly (> 65 years)

No dose adjustment is necessary for elderly patients. Little information is available in the very elderly patients.

#### Renal impairment

Limited experience is available in patients with severe renal impairment or haemodialysis. Caution is advised when using telmisartan/amlodipine in such patients as amlodipine and telmisartan are not dialysable (see also section 4.4).

No posology adjustment is required for patients with mild to moderate renal impairment.

#### Hepatic impairment

Twynsta is contraindicated in patients with severe hepatic impairment (see section 4.3).

In patients with mild to moderate hepatic impairment telmisartan/amlodipine should be administered with caution. For telmisartan the posology should not exceed 40 mg once daily (see section 4.4).

#### Paediatric population

The safety and efficacy of telmisartan/amlodipine in children aged below 18 years have not been established. No data are available.

#### Method of administration

Oral use.

Twynsta can be taken with or without food. It is recommended to take Twynsta with some liquid.

### **4.3 Contraindications**

- Hypersensitivity to the active substances, to dihydropyridine derivatives, or to any of the excipients listed in section 6.1
- Second and third trimesters of pregnancy (see sections 4.4 and 4.6)
- Biliary obstructive disorders and severe hepatic impairment
- Shock (including cardiogenic shock)
- Obstruction of the outflow tract of the left ventricle (e.g. high grade aortic stenosis)
- Haemodynamically unstable heart failure after acute myocardial infarction

The concomitant use of telmisartan/amlodipine with aliskiren-containing products is contraindicated in patients with diabetes mellitus or renal impairment ( $GFR < 60 \text{ ml/min/1.73 m}^2$ ) (see sections 4.5, and 5.1).

### **4.4 Special warnings and precautions for use**

#### Pregnancy

Angiotensin II receptor antagonists should not be initiated during pregnancy. Unless continued angiotensin II receptor antagonist therapy is considered essential, patients planning pregnancy should be changed to alternative antihypertensive treatments which have an established safety profile for use in pregnancy. When pregnancy is diagnosed, treatment with angiotensin II receptor antagonists should be stopped immediately, and, if appropriate, alternative therapy should be started (see section 4.3 and 4.6).

### Hepatic impairment

Telmisartan is mostly eliminated in the bile. Patients with biliary obstructive disorders or hepatic insufficiency can be expected to have reduced clearance. Furthermore as with all calcium antagonists, amlodipine half-life is prolonged in patients with impaired liver function and dose recommendations have not been established. telmisartan/amlodipine should therefore be used with caution in these patients.

### Renovascular hypertension

There is an increased risk of severe hypotension and renal insufficiency when patients with bilateral renal artery stenosis or stenosis of the artery to a single functioning kidney are treated with medicinal products that affect the renin-angiotensin-aldosterone system (RAAS).

### Renal impairment and kidney transplantation

When telmisartan/amlodipine is used in patients with impaired renal function, a periodic monitoring of potassium and creatinine serum levels is recommended. There is no experience regarding the administration of telmisartan/amlodipine in patients with a recent kidney transplant. Telmisartan and amlodipine are not dialysable.

### Intravascular hypovolaemia

Symptomatic hypotension, especially after the first dose, may occur in patients who are volume and/or sodium depleted by e.g. vigorous diuretic therapy, dietary salt restriction, diarrhoea or vomiting. Such conditions should be corrected before the administration of telmisartan. If hypotension occurs with telmisartan/amlodipine, the patient should be placed in the supine position and, if necessary, given an intravenous infusion of normal saline. Treatment can be continued once blood pressure has been stabilised.

### Dual blockade of the renin-angiotensin-aldosterone system (RAAS)

There is evidence that the concomitant use of ACE-inhibitors, angiotensin II receptor blockers or aliskiren increases the risk of hypotension, hyperkalaemia and decreased renal function (including acute renal failure). Dual blockade of RAAS through the combined use of ACE-inhibitors, angiotensin II receptor blockers or aliskiren is therefore not recommended (see sections 4.5 and 5.1).

If dual blockade therapy is considered absolutely necessary, this should only occur under specialist supervision and subject to frequent close monitoring of renal function, electrolytes and blood pressure. ACE-inhibitors and angiotensin II receptor blockers should not be used concomitantly in patients with diabetic nephropathy.

### Other conditions with stimulation of the renin-angiotensin-aldosterone system

In patients whose vascular tone and renal function depend predominantly on the activity of the renin-angiotensin-aldosterone system (e.g. patients with severe congestive heart failure or underlying renal disease, including renal artery stenosis), treatment with medicinal products that affect this system has been associated with acute hypotension, hyperazotaemia, oliguria, or rarely acute renal failure (see section 4.8).

### Primary aldosteronism

Patients with primary aldosteronism generally will not respond to antihypertensive medicinal products acting through inhibition of the renin-angiotensin system. Therefore, the use of telmisartan is not recommended.

### Aortic and mitral valve stenosis, obstructive hypertrophic cardiomyopathy

As with other vasodilators, special caution is indicated in patients suffering from aortic or mitral stenosis, or obstructive hypertrophic cardiomyopathy.

### Unstable angina pectoris, acute myocardial infarction

There are no data to support the use of telmisartan/amlodipine in unstable angina pectoris and during or within one month of a myocardial infarction.

### Heart failure

In a long-term, placebo controlled study (PRAISE-2) of amlodipine in patients with NYHA III and IV heart failure of non-ischaemic aetiology, amlodipine was associated with increased reports of pulmonary oedema despite no significant difference in the incidence of worsening heart failure as compared to placebo (see section 5.1).

### Diabetic patients treated with insulin or antidiabetics

In these patients hypoglycaemia may occur under telmisartan treatment. Therefore, in these patients an appropriate blood glucose monitoring should be considered; a dose adjustment of insulin or antidiabetics may be required when indicated.

### Hyperkalaemia

The use of medicinal products that affect the renin-angiotensin-aldosterone system may cause hyperkalaemia. Hyperkalaemia may be fatal in the elderly, in patients with renal insufficiency, in diabetic patients, in patients concomitantly treated with other medicinal products that may increase potassium levels, and/or in patients with intercurrent events,.

Before considering the concomitant use of medicinal products that affect the renin-angiotensin-aldosterone system, the benefit risk ratio should be evaluated.

The main risk factors for hyperkalaemia to be considered are:

- Diabetes mellitus, renal impairment, age (>70 years)
- Combination with one or more other medicinal products that affect the renin-angiotensin-aldosterone system and/or potassium supplements. Medicinal products or therapeutic classes of medicinal products that may provoke hyperkalaemia are salt substitutes containing potassium, potassium-sparing diuretics, ACE inhibitors, angiotensin II receptor antagonists, non steroidal anti-inflammatory medicinal products (NSAIDs, including selective COX-2 inhibitors), heparin, immunosuppressives (cyclosporin or tacrolimus), and trimethoprim.
- Intercurrent events, in particular dehydration, acute cardiac decompensation, metabolic acidosis, worsening of renal function, sudden worsening of the renal condition (e.g. infectious diseases), cellular lysis (e.g. acute limb ischemia, rhabdomyolysis, extensive trauma).

Serum potassium should be monitored closely in these patients (see section 4.5).

### Sorbitol

This medicine contains 337.28 mg sorbitol in each tablet.

Sorbitol is a source of fructose. Twynsta is not recommended for use in patients with hereditary fructose intolerance (HFI).

### Other

As with any antihypertensive medicinal product, excessive reduction of blood pressure in patients with ischaemic cardiomyopathy or ischaemic cardiovascular disease could result in a myocardial infarction or stroke.

## **4.5 Interaction with other medicinal products and other forms of interaction**

No interactions between the two components of this fixed dose combinations have been observed in clinical studies.

### Interactions common to the combination

No drug interaction studies have been performed.

### To be taken into account with concomitant use

#### *Other antihypertensive medicinal products*

The blood pressure lowering effect of telmisartan/amlodipine can be increased by concomitant use of other antihypertensive medicinal products.

#### *Medicinal products with blood pressure lowering potential*

Based on their pharmacological properties it can be expected that the following medicinal products may potentiate the hypotensive effects of all antihypertensives including this medicinal product, e.g. baclofen, amifostine, neuroleptics or antidepressants. Furthermore, orthostatic hypotension may be aggravated by alcohol.

#### *Corticosteroids (systemic route)*

Reduction of the antihypertensive effect.

#### Interactions linked to telmisartan

#### Concomitant use not recommended

##### *Potassium sparing diuretics or potassium supplements*

Angiotensin II receptor antagonists such as telmisartan, attenuate diuretic induced potassium loss. Potassium sparing diuretics e.g. spironolactone, eplerenone, triamterene, or amiloride, potassium supplements, or potassium-containing salt substitutes may lead to a significant increase in serum potassium. If concomitant use is indicated because of documented hypokalaemia, they should be used with caution and with frequent monitoring of serum potassium.

##### *Lithium*

Reversible increases in serum lithium concentrations and toxicity have been reported during concomitant administration of lithium with angiotensin converting enzyme inhibitors, and with angiotensin II receptor antagonists, including telmisartan. If use of the combination proves necessary, careful monitoring of serum lithium levels is recommended.

##### *Other antihypertensive agents acting on the renin-angiotensin-aldosterone system (RAAS)*

Clinical trial data has shown that dual blockade of the renin-angiotensin-aldosterone system (RAAS) through the combined use of ACE-inhibitors, angiotensin II receptor blockers or aliskiren is associated with a higher frequency of adverse events such as hypotension, hyperkalaemia and decreased renal function (including acute renal failure) compared to the use of a single RAAS-acting agent (see sections 4.3, 4.4 and 5.1).

#### Concomitant use requiring caution

##### *Non-steroidal anti-inflammatory medicinal products*

NSAIDs (i.e. acetylsalicylic acid at anti-inflammatory dosage regimens, COX-2 inhibitors and non-selective NSAIDs) may reduce the antihypertensive effect of angiotensin II receptor antagonists. In some patients with compromised renal function (e.g. dehydrated patients or elderly patients with compromised renal function), the co-administration of angiotensin II receptor antagonists and medicinal products that inhibit cyclo-oxygenase may result in further deterioration of renal function, including possible acute renal failure, which is usually reversible. Therefore, the combination should be administered with caution, especially in the elderly. Patients should be adequately hydrated and consideration should be given to monitoring of renal function after initiation of concomitant therapy and periodically thereafter.

##### *Ramipril*

In one study the co-administration of telmisartan and ramipril led to an increase of up to 2.5 fold in the AUC<sub>0-24</sub> and C<sub>max</sub> of ramipril and ramiprilat. The clinical relevance of this observation is not known.

### Concomitant use to be taken into account

#### *Digoxin*

When telmisartan was co-administered with digoxin, median increases in digoxin peak plasma concentration (49 %) and in trough concentration (20 %) were observed. When initiating, adjusting, and discontinuing telmisartan, monitor digoxin levels in order to maintain levels within the therapeutic range.

### Interactions linked to amlodipine

#### Concomitant use requiring caution

##### *CYP3A4 inhibitors*

With concomitant use with the CYP3A4 inhibitor erythromycin in young patients and diltiazem in elderly patients respectively, the plasma concentration of amlodipine increased by 22 % and 50 % respectively. However, the clinical relevance of this finding is uncertain. It cannot be ruled out that strong inhibitors of CYP3A4 (i.e. ketoconazole, itraconazole, ritonavir) may increase the plasma concentrations of amlodipine to a greater extent than diltiazem. Amlodipine should be used with caution together with CYP3A4 inhibitors. However, no adverse events attributable to such interaction have been reported.

##### *CYP3A4 inducers*

Upon co-administration of known inducers of the CYP3A4, the plasma concentration of amlodipine may vary. Therefore, blood pressure should be monitored and dose regulation considered both during and after concomitant medication particularly with strong CYP3A4 inducers (e.g. rifampicin, hypericum perforatum).

##### *Grapefruit and grapefruit juice*

Concomitant administration of 240 ml of grapefruit juice with a single oral dose of 10 mg amlodipine in 20 healthy volunteers did not show a significant effect on the pharmacokinetic properties of amlodipine. The concomitant use of amlodipine and grapefruit or grapefruit juice is still not recommended in patients as the bioavailability of amlodipine may increase in some and may result in increased hypotensive effects.

### Concomitant use to be taken into account

#### *Tacrolimus*

There is a risk of increased tacrolimus blood levels when co-administered with amlodipine but the pharmacokinetic mechanism of this interaction is not fully understood. In order to avoid toxicity of tacrolimus, administration of amlodipine in a patient treated with tacrolimus requires monitoring of tacrolimus blood levels and dose adjustment of tacrolimus when appropriate.

#### *Cyclosporine*

No drug interaction studies have been conducted with cyclosporine and amlodipine in healthy volunteers or other populations with the exception of renal transplant patients, where variable trough concentration increases (average 0% - 40%) of cyclosporine were observed. Consideration should be given for monitoring cyclosporine levels in renal transplant patients on amlodipine, and cyclosporine dose reductions should be made as necessary.

#### *Simvastatin*

Co-administration of multiple doses of amlodipine with simvastatin 80 mg resulted in an increase in exposure to simvastatin up to 77 % compared to simvastatin alone. Therefore, the dose of simvastatin in patients on amlodipine should be limited to 20 mg daily.

#### *Others*

Amlodipine has been safely administered with digoxin, warfarin, atorvastatin, sildenafil, anti-acid medicinal products (aluminium hydroxide, magnesium hydroxide, simeticone), cimetidine, antibiotics



and oral hypoglycaemic medicinal products. When amlodipine and sildenafil were used in combination, each agent independently exerted its own blood pressure lowering effect.

#### **4.6 Fertility, pregnancy and lactation**

##### Pregnancy

There are limited data from the use of telmisartan/amlodipine in pregnant women. Animal reproductive toxicity studies with telmisartan/amlodipine have not been performed.

##### *Telmisartan*

The use of angiotensin II receptor antagonists is not recommended during the first trimester of pregnancy (see section 4.4). The use of angiotensin II receptor antagonists is contraindicated during the second and third trimesters of pregnancy (see sections 4.3 and 4.4).

Studies with telmisartan in animals have shown reproductive toxicity (see section 5.3).

Epidemiological evidence regarding the risk of teratogenicity following exposure to ACE inhibitors during the first trimester of pregnancy has not been conclusive; however a small increase in risk cannot be excluded. Whilst there is no controlled epidemiological data on the risk with angiotensin II receptor antagonists, similar risks may exist for this class of medicinal products. Unless continued angiotensin II receptor antagonist therapy is considered essential, patients planning pregnancy should be changed to alternative antihypertensive treatments which have an established safety profile for use in pregnancy. When pregnancy is diagnosed, treatment with angiotensin II receptor antagonists should be stopped immediately, and, if appropriate, alternative therapy should be started.

Exposure to angiotensin II receptor antagonist therapy during the second and third trimesters is known to induce human fetotoxicity (decreased renal function, oligohydramnios, skull ossification retardation) and neonatal toxicity (renal failure, hypotension, hyperkalaemia) (see section 5.3).

Should exposure to angiotensin II receptor antagonists have occurred from the second trimester of pregnancy, ultrasound check of renal function and skull is recommended.

Infants whose mothers have taken angiotensin II receptor antagonists should be closely observed for hypotension (see sections 4.3 and 4.4).

##### *Amlodipine*

Data on a limited number of exposed pregnancies do not indicate that amlodipine or other calcium receptor antagonists have a harmful effect on the health of the fetus. However, there may be a risk of prolonged delivery.

##### Breast-feeding

Amlodipine is excreted in human milk. The proportion of the maternal dose received by the infant has been estimated with an interquartile range of 3 – 7%, with a maximum of 15%. The effect of amlodipine on infants is unknown.

Because no information is available regarding the use of telmisartan during breast-feeding, telmisartan/amlodipine is not recommended and alternative treatments with better established safety profiles during breast-feeding are preferable, especially while breast-feeding a newborn or preterm infant.

##### Fertility

No data from controlled clinical studies with the fixed dose combination or with the individual components are available.

Separate reproductive toxicity studies with the combination of telmisartan and amlodipine have not been conducted.

In preclinical studies, no effects of telmisartan on male and female fertility were observed.

Similarly, no effects on male and female fertility were reported for amlodipine (see section 5.3).

Reversible biochemical changes in the head of spermatozoa which can impair fecundation have been observed for calcium channel blockers in preclinical and *in vitro* studies. No clinical relevance has been established.

#### 4.7 Effects on ability to drive and use machines

This medicinal product has moderate influence on the ability to drive and use machines. Patients should be advised that they may experience adverse reactions such as syncope, somnolence, dizziness, or vertigo during treatment (see section 4.8). Therefore, caution should be recommended when driving a car or using machines. If patients experience these adverse reactions, they should avoid potentially hazardous tasks such as driving or using machines.

#### 4.8 Undesirable effects

##### Summary of the safety profile

The most common adverse reactions include dizziness and peripheral oedema. Serious syncope may occur rarely (less than 1 case per 1,000 patients).

Adverse reactions previously reported with one of the individual components (telmisartan or amlodipine) may be potential adverse reactions with Twynsta as well, even if not observed in clinical trials or during the post-marketing period.

##### Tabulated list of adverse reactions

The safety and tolerability of Twynsta has been evaluated in five controlled clinical studies with over 3,500 patients, over 2,500 of whom received telmisartan in combination with amlodipine.

Adverse reactions have been ranked under headings of frequency using the following convention: very common ( $\geq 1/10$ ); common ( $\geq 1/100$  to  $< 1/10$ ); uncommon ( $\geq 1/1,000$  to  $< 1/100$ ); rare ( $\geq 1/10,000$  to  $< 1/1,000$ ); very rare ( $< 1/10,000$ ), not known (cannot be estimated from the available data).

Within each frequency grouping, adverse reactions are presented in order of decreasing seriousness.

System Organ Class	Twynsta	Telmisartan	Amlodipine
<b><i>Infections and infestations</i></b>			
Uncommon		upper respiratory tract infection including pharyngitis and sinusitis, urinary tract infection including cystitis	
Rare	cystitis	sepsis including fatal outcome <sup>1</sup>	
<b><i>Blood and lymphatic system disorders:</i></b>			
Uncommon		anaemia	
Rare		thrombocytopenia, eosinophilia	
Very rare			leukocytopenia, thrombocytopenia

<b><i>Immune system disorders:</i></b>			
Rare		hypersensitivity, anaphylactic reaction	
Very rare			hypersensitivity
<b><i>Metabolism and nutrition disorders</i></b>			
Uncommon		hyperkalaemia	
Rare		hypoglycaemia (in diabetic patients)	
Very rare			hyperglycaemia
<b><i>Psychiatric disorders</i></b>			
Uncommon			mood change
Rare	depression, anxiety, insomnia		confusion
<b><i>Nervous system disorders</i></b>			
Common	dizziness		
Uncommon	somnolence, migraine, headache, paraesthesia		
Rare	syncope, peripheral neuropathy, hypoesthesia, dysgeusia, tremor		
Very rare			extrapyramidal syndrome
<b><i>Eye disorders</i></b>			
Uncommon			visual impairment
Rare		visual disturbance	
<b><i>Ear and labyrinth disorders</i></b>			
Uncommon	vertigo		tinnitus
<b><i>Cardiac disorders</i></b>			
Uncommon	bradycardia, palpitations		
Rare		tachycardia	
Very rare			myocardial infarction,

			arrhythmia, ventricular tachycardia, atrial fibrillation
<b><i>Vascular disorders</i></b>			
Uncommon	hypotension, orthostatic hypotension, flushing		
Very rare			vasculitis
<b><i>Respiratory, thoracic and mediastinal disorders</i></b>			
Uncommon	cough	dyspnoea	dyspnoea, rhinitis
Very rare	interstitial lung disease <sup>3</sup>		
<b><i>Gastrointestinal disorder</i></b>			
Uncommon	abdominal pain, diarrhoea, nausea	flatulence	change of bowel habit
Rare	vomiting, gingival hypertrophy, dyspepsia, dry mouth	stomach discomfort	
Very rare			pancreatitis, gastritis
<b><i>Hepato-biliary disorders</i></b>			
Rare		hepatic function abnormal, liver disorder <sup>2</sup>	
Very rare			hepatitis, jaundice, hepatic enzyme elevations (mostly consistent with cholestasis)
<b><i>Skin and subcutaneous tissue disorders</i></b>			
Uncommon	pruritus	hyperhidrosis	alopecia, purpura, skin discolouration, hyperhidrosis
Rare	eczema, erythema, rash	angioedema (with fatal outcome), drug eruption, toxic skin eruption, urticaria	
Very rare			angioedema, erythema multiforme, urticaria, exfoliative dermatitis, Stevens-Johnson

			syndrome, photosensitivity
Not known			toxic epidermal necrolysis
<b><i>Musculoskeletal and connective tissue disorders</i></b>			
Uncommon	arthralgia, muscle spasms (cramps in legs), myalgia		
Rare	back pain, pain in extremity (leg pain)	tendon pain (tendinitis like symptoms)	
<b><i>Renal and urinary disorders</i></b>			
Uncommon		renal impairment including acute renal failure	micturition disorder, pollakiuria
Rare	nocturia		
<b><i>Reproductive system and breast disorders</i></b>			
Uncommon	erectile dysfunction		gynaecomastia
<b><i>General disorders and administration site condition</i></b>			
Common	peripheral oedema		
Uncommon	asthenia, chest pain, fatigue, oedema		pain
Rare	malaise	influenza-like illness	
<b><i>Investigations</i></b>			
Uncommon	hepatic enzymes increased	blood creatinine increased	weight increased, weight decreased
Rare	blood uric acid increased	blood creatine phosphokinase increased, haemoglobin decreased	

<sup>1</sup>: the event may be a chance finding or related to a mechanism currently not known

<sup>2</sup>: most cases of hepatic function abnormal / liver disorder from post-marketing experience with telmisartan occurred in Japanese patients. Japanese patients are more likely to experience these adverse reactions.

<sup>3</sup>: cases of interstitial lung disease (predominantly interstitial pneumonia and eosinophilic pneumonia) have been reported from post-marketing experience with telmisartan

#### Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicinal product is important. It allows continued monitoring of the benefit/risk balance of the medicinal product. Healthcare professionals are asked to report any suspected adverse reactions via the national reporting system listed in [Appendix V\\*](#).

## 4.9 Overdose

### Symptoms

Signs and symptoms of overdose are expected to be in line with exaggerated pharmacological effects. The most prominent manifestations of telmisartan overdose are expected to be hypotension and tachycardia; bradycardia, dizziness, increase in serum creatinine, and acute renal failure have also been reported.

Overdose with amlodipine may result in excessive peripheral vasodilatation and possibly reflex tachycardia. Marked and probably prolonged systemic hypotension up to and including shock with fatal outcome have been reported.

### Treatment

The patient should be closely monitored, and the treatment should be symptomatic and supportive. Management depends on the time since ingestion and the severity of the symptoms. Suggested measures include induction of emesis and / or gastric lavage. Activated charcoal may be useful in the treatment of overdose of both telmisartan and amlodipine.

Serum electrolytes and creatinine should be monitored frequently. If hypotension occurs, the patient should be placed in a supine position with elevation of extremities, with salt and volume replacement given quickly. Supportive treatment should be instituted. Intravenous calcium gluconate may be beneficial in reversing the effects of calcium channel blockade. Telmisartan and Amlodipine are not removed by haemodialysis.

## 5. PHARMACOLOGICAL PROPERTIES

### 5.1 Pharmacodynamic properties

Pharmacotherapeutic group: Agents acting on the renin-angiotensin system, angiotensin II antagonists and calcium channel blockers; ATC Code: C09DB04.

Twynsta combines two antihypertensive compounds with complementary mechanisms to control blood pressure in patients with essential hypertension: an angiotensin II receptor antagonist, telmisartan, and a dihydropyridinic calcium channel blocker, amlodipine.

The combination of these substances has an additive antihypertensive effect, reducing blood pressure to a greater degree than either component alone.

Twynsta once daily produces effective and consistent reductions in blood pressure across the 24-hour therapeutic dose range.

### Telmisartan

Telmisartan is an orally active and specific angiotensin II receptor (type AT<sub>1</sub>) antagonist. Telmisartan displaces angiotensin II with very high affinity from its binding site at the AT<sub>1</sub> receptor subtype, which is responsible for the known actions of angiotensin II. Telmisartan does not exhibit any partial agonist activity at the AT<sub>1</sub> receptor. Telmisartan selectively binds the AT<sub>1</sub> receptor. The binding is long-lasting. Telmisartan does not show affinity for other receptors, including AT<sub>2</sub> and other less characterised AT receptors. The functional role of these receptors is not known, nor is the effect of their possible overstimulation by angiotensin II, whose levels are increased by telmisartan. Plasma aldosterone levels are decreased by telmisartan. Telmisartan does not inhibit human plasma renin or block ion channels. Telmisartan does not inhibit angiotensin converting enzyme (kininase II), the enzyme which also degrades bradykinin. Therefore it is not expected to potentiate bradykinin-mediated adverse reactions.

In humans, an 80 mg dose of telmisartan almost completely inhibits the angiotensin II evoked blood pressure increase. The inhibitory effect is maintained over 24 hours and still measurable up to 48 hours.

After the first dose of telmisartan, the antihypertensive activity gradually becomes evident within 3 hours. The maximum reduction in blood pressure is generally attained 4 to 8 weeks after the start of treatment and is sustained during long-term therapy.

The antihypertensive effect persists constantly over 24 hours after dosing and includes the last 4 hours before the next dose as shown by ambulatory blood pressure measurements. This is confirmed by trough to peak ratios consistently above 80 % seen after doses of 40 and 80 mg of telmisartan in placebo controlled clinical studies. There is an apparent trend to a dose relationship to a time to recovery of baseline systolic blood pressure. In this respect data concerning diastolic blood pressure are inconsistent.

In patients with hypertension telmisartan reduces both systolic and diastolic blood pressure without affecting pulse rate. The contribution of the medicinal product's diuretic and natriuretic effect to its hypotensive activity has still to be defined. The antihypertensive efficacy of telmisartan is comparable to that of substances representative of other classes of antihypertensive medicinal products (demonstrated in clinical trials comparing telmisartan to amlodipine, atenolol, enalapril, hydrochlorothiazide, and lisinopril).

Upon abrupt cessation of treatment with telmisartan, blood pressure gradually returns to pre-treatment values over a period of several days without evidence of rebound hypertension.

The incidence of dry cough was significantly lower in patients treated with telmisartan than in those given angiotensin converting enzyme inhibitors in clinical trials directly comparing the two antihypertensive treatments.

Two large randomised, controlled trials (ONTARGET (ONgoing Telmisartan Alone and in combination with Ramipril Global Endpoint Trial) and VA NEPHRON-D (The Veterans Affairs Nephropathy in Diabetes)) have examined the use of the combination of an ACE-inhibitor with an angiotensin II receptor blocker.

ONTARGET was a study conducted in patients with a history of cardiovascular or cerebrovascular disease, or type 2 diabetes mellitus accompanied by evidence of end-organ damage. VA NEPHRON-D was a study in patients with type 2 diabetes mellitus and diabetic nephropathy.

These studies have shown no significant beneficial effect on renal and/or cardiovascular outcomes and mortality, while an increased risk of hyperkalaemia, acute kidney injury and/or hypotension as compared to monotherapy was observed. Given their similar pharmacodynamic properties, these results are also relevant for other ACE-inhibitors and angiotensin II receptor blockers.

ACE-inhibitors and angiotensin II receptor blockers should therefore not be used concomitantly in patients with diabetic nephropathy.

ALTITUDE (Aliskiren Trial in Type 2 Diabetes Using Cardiovascular and Renal Disease Endpoints) was a study designed to test the benefit of adding aliskiren to a standard therapy of an ACE-inhibitor or an angiotensin II receptor blocker in patients with type 2 diabetes mellitus and chronic kidney disease, cardiovascular disease, or both. The study was terminated early because of an increased risk of adverse outcomes. Cardiovascular death and stroke were both numerically more frequent in the aliskiren group than in the placebo group and adverse events and serious adverse events of interest (hyperkalaemia, hypotension and renal dysfunction) were more frequently reported in the aliskiren group than in the placebo group.

### Amlodipine

Amlodipine is a calcium ion influx inhibitor of the dihydropyridine group (slow channel blocker or calcium ion antagonist) and inhibits the transmembrane influx of calcium ions into cardiac and vascular smooth muscle. The mechanism of the antihypertensive action of amlodipine is due to a direct relaxant effect on vascular smooth muscle, leading to reductions in peripheral vascular resistance and in blood pressure. Experimental data indicate that amlodipine binds to both dihydropyridine and non-dihydropyridine binding sites. Amlodipine is relatively vessel-selective, with a greater effect on vascular smooth muscle cells than on cardiac muscle cells.

In patients with hypertension, once daily dosing provides clinically significant reductions of blood pressure in both the supine and standing positions throughout the 24 hour interval. Due to the slow onset of action, acute hypotension is not a feature of amlodipine administration.

In hypertensive patients with normal renal function, therapeutic doses of amlodipine resulted in a decrease in renal vascular resistance and an increase in glomerular filtration rate and effective renal plasma flow, without change in filtration fraction or proteinuria.

Amlodipine has not been associated with any adverse metabolic effects or changes in plasma lipids and is suitable for use in patients with asthma, diabetes, and gout.

Use in patients with heart failure

Haemodynamic studies and exercise based controlled clinical trials in NYHA Class II-IV heart failure patients have shown that amlodipine did not lead to clinical deterioration as measured by exercise tolerance, left ventricular ejection fraction and clinical symptomatology.

A placebo controlled study (PRAISE) designed to evaluate patients in NYHA Class III-IV heart failure receiving digoxin, diuretics and ACE inhibitors has shown that amlodipine did not lead to an increase in risk of mortality or combined mortality and morbidity with heart failure.

In a follow-up, long term, placebo controlled study (PRAISE-2) of amlodipine in patients with NYHA III and IV heart failure without clinical symptoms or objective findings suggestive of underlying ischaemic disease, on stable doses of ACE inhibitors, digitalis, and diuretics, amlodipine had no effect on total cardiovascular mortality. In this same population amlodipine was associated with increased reports of pulmonary oedema despite no significant difference in the incidence of worsening heart failure as compared to placebo.

#### Telmisartan/Amlodipine

In an 8-week multicenter, randomised, double-blind, placebo-controlled, parallel group factorial study in 1461 patients with mild to severe hypertension (mean seated diastolic blood pressure  $\geq 95$  and  $\leq 119$  mmHg), treatment with each combination dose of Twynsta resulted in significantly greater diastolic and systolic blood pressure reductions and higher control rates compared to the respective monotherapy components.

Twynsta showed dose-related reductions in systolic/diastolic blood pressure across the therapeutic dose range of  $-21.8/-16.5$  mmHg (40 mg/5 mg),  $-22.1/-18.2$  mmHg (80 mg/5 mg),  $-24.7/-20.2$  mmHg (40 mg/10 mg) and  $-26.4/-20.1$  mmHg (80 mg/10 mg). The reduction in diastolic blood pressure  $< 90$  mmHg was achieved in 71.6 %, 74.8 %, 82.1 %, 85.3 % of patients respectively. Values are adjusted for baseline and country.

The majority of the antihypertensive effect was attained within 2 weeks after initiation of therapy. In a subset of 1050 patients with moderate to severe hypertension (DBP  $\geq 100$  mmHg) 32.7 – 51.8 % responded sufficiently to monotherapy of either telmisartan or amlodipine. The observed mean changes in systolic/diastolic blood pressure with a combination therapy containing amlodipine 5 mg ( $-22.2/-17.2$  mmHg with 40 mg/5 mg;  $-22.5/-19.1$  mmHg with 80 mg/5 mg) were comparable to or greater than those seen with amlodipine 10 mg ( $-21.0/-17.6$  mmHg) and associated with significant lower oedema rates (1.4 % with 40 mg/5 mg; 0.5 % with 80 mg/5 mg; 17.6 % with amlodipine 10 mg).

Automated ambulatory blood pressure monitoring (ABPM) performed in a subset of 562 patients confirmed the results seen with in-clinic systolic and diastolic blood pressure reductions consistently over the entire 24-hours dosing period.

In a further multicentre, randomised, double-blind, active-controlled, parallel group study, a total of 1097 patients with mild to severe hypertension who were not adequately controlled on amlodipine 5 mg received Twynsta (40 mg/5 mg or 80 mg/5 mg) or amlodipine alone (5 mg or 10 mg). After 8 weeks of treatment, each of the combinations was statistically significantly superior to both amlodipine monotherapy doses in reducing systolic and diastolic blood pressures ( $-13.6/-9.4$  mmHg,  $-15.0/-10.6$  mmHg with 40 mg/5 mg, 80 mg/5 mg versus  $-6.2/-5.7$  mmHg,  $-11.1/-8.0$  mmHg with amlodipine 5 mg and 10 mg and higher diastolic blood pressure control rates compared to the respective



monotherapies were achieved (56.7 %, 63.8 % with 40 mg/5 mg and 80 mg/5 mg versus 42 %, 56.7 % with amlodipine 5 mg and 10 mg). Oedema rates were significantly lower with 40 mg/5 mg and 80 mg/5 mg compared to amlodipine 10 mg (4.4 % versus 24.9 %, respectively).

In another multicentre, randomised, double-blind, active-controlled, parallel group study, a total of 947 patients with mild to severe hypertension who were not adequately controlled on amlodipine 10 mg received Twynsta (40 mg/10 mg or 80 mg/10 mg) or amlodipine alone (10 mg). After 8 weeks of treatment, each of the combination treatments was statistically significantly superior to amlodipine monotherapy in reducing diastolic and systolic blood pressure ( $-11.1/-9.2$  mmHg,  $-11.3/-9.3$  mmHg with 40 mg/10 mg, 80 mg/10 mg versus  $-7.4/-6.5$  mmHg with amlodipine 10 mg) and higher diastolic blood pressure normalisation rates compared to monotherapy were achieved (63.7 %, 66.5 % with 40 mg/10 mg, 80 mg/10 mg versus 51.1 % with amlodipine 10 mg).

In two corresponding open-label long-term follow up studies performed over a further 6 months the effect of Twynsta was maintained over the trial period. Furthermore it was shown that some patients not adequately controlled with Twynsta 40 mg/10 mg had additional blood pressure reduction by up-titration to Twynsta 80 mg/10 mg.

The overall incidence of adverse reactions with Twynsta in the clinical trial programme was low with only 12.7 % of patients on treatment experiencing adverse reactions. The most common adverse reactions were peripheral oedema and dizziness, see also section 4.8. The adverse reactions reported were in agreement with those anticipated from the safety profiles of the components telmisartan and amlodipine. No new or more severe adverse reactions were observed. The oedema related events (peripheral oedema, generalised oedema, and oedema) were consistently lower in patients who received Twynsta as compared to patients who received amlodipine 10 mg. In the factorial design trial the oedema rates were 1.3 % with Twynsta 40 mg/5 mg and 80 mg/5 mg, 8.8 % with Twynsta 40 mg/10 mg and 80 mg/10 mg and 18.4 % with Amlodipine 10 mg. In patients not controlled on amlodipine 5 mg the oedema rates were 4.4 % for 40 mg/5 mg and 80 mg/5 mg and 24.9 % for amlodipine 10 mg.

The antihypertensive effect of Twynsta was similar irrespective of age and gender, and was similar in patients with and without diabetes.

Twynsta has not been studied in any patient population other than hypertension. Telmisartan has been studied in a large outcome study in 25,620 patients with high cardiovascular risk (ONTARGET). Amlodipine has been studied in patients with chronic stable angina, vasospastic angina and angiographically documented coronary artery disease.

### Paediatric population

The European Medicines Agency has waived the obligation to submit the results of studies with Twynsta in all subsets of the paediatric population in hypertension (see section 4.2 for information on paediatric use).

## **5.2 Pharmacokinetic properties**

### Pharmacokinetic of the fixed dose combination

The rate and extent of absorption of Twynsta are equivalent to the bioavailability of telmisartan and amlodipine when administered as individual tablets.

### Absorption

Absorption of telmisartan is rapid although the amount absorbed varies. The mean absolute bioavailability for telmisartan is about 50 %. When telmisartan is taken with food, the reduction in the area under the plasma concentration-time curve ( $AUC_{0-\infty}$ ) of telmisartan varies from approximately 6 % (40 mg dose) to approximately 19 % (160 mg dose). By 3 hours after administration, plasma concentrations are similar whether telmisartan is taken fasting or with food.

After oral administration of therapeutic doses, amlodipine is well absorbed with peak blood levels between 6-12 hours post dose. Absolute bioavailability has been estimated to be between 64 and 80 %. Amlodipine bioavailability is not affected by food ingestion.

#### Distribution

Telmisartan is largely bound to plasma protein (>99.5 %), mainly albumin and alpha-1 acid glycoprotein. The mean steady state apparent volume of distribution ( $V_{dss}$ ) is approximately 500 l.

The volume of distribution of amlodipine is approximately 21 l/kg. *In vitro* studies have shown that approximately 97.5 % of circulating amlodipine is bound to plasma proteins in hypertensive patients.

#### Biotransformation

Telmisartan is metabolised by conjugation to the glucuronide of the parent compound. No pharmacological activity has been shown for the conjugate.

Amlodipine is extensively (approximately 90 %) metabolised by the liver to inactive metabolites.

#### Elimination

Telmisartan is characterised by biexponential decay pharmacokinetics with a terminal elimination half-life of >20 hours. The maximum plasma concentration ( $C_{max}$ ) and, to a smaller extent, the area under the plasma concentration-time curve (AUC), increase disproportionately with dose. There is no evidence of clinically relevant accumulation of telmisartan taken at the recommended dose. Plasma concentrations were higher in females than in males, without relevant influence on efficacy.

After oral (and intravenous) administration, telmisartan is nearly exclusively excreted with the faeces, mainly as unchanged compound. Cumulative urinary excretion is <1 % of dose. Total plasma clearance ( $Cl_{tot}$ ) is high (approximately 1,000 ml/min) compared with hepatic blood flow (about 1,500 ml/min).

Amlodipine elimination from plasma is biphasic, with a terminal elimination half-life of approximately 30 to 50 hours consistent with once daily dosing. Steady-state plasma levels are reached after continuous administration for 7–8 days. Ten per cent of original amlodipine and 60 % of amlodipine metabolites are excreted in urine.

#### Linearity/non-linearity

The small reduction in AUC for telmisartan is not expected to cause a reduction in the therapeutic efficacy. There is no linear relationship between doses and plasma levels.  $C_{max}$  and to a lesser extent AUC increase disproportionately at doses above 40 mg.

Amlodipine exhibits linear pharmacokinetics.

#### Paediatric population (age below 18 years)

No pharmacokinetic data are available in the paediatric population.

#### Gender

Differences in plasma concentrations of telmisartan were observed, with  $C_{max}$  and AUC being approximately 3- and 2-fold higher, respectively, in females compared to males.

#### Elderly

The pharmacokinetics of telmisartan do not differ in young and elderly patients.

The time to reach peak plasma concentrations of amlodipine is similar in elderly and younger subjects. In elderly patients, amlodipine clearance tends to decline with resulting increases in AUC and elimination half-life.

#### Renal impairment

In patients with mild to moderate and severe renal impairment, doubling of plasma concentrations of telmisartan was observed. However, lower plasma concentrations were observed in patients with renal

insufficiency undergoing dialysis. Telmisartan is highly bound to plasma protein in renal-insufficient subjects and cannot be removed by dialysis. The elimination half-life is not changed in patients with renal impairment. The pharmacokinetics of amlodipine are not significantly influenced by renal impairment.

#### Hepatic impairment

Pharmacokinetic studies in patients with hepatic impairment showed an increase in absolute bioavailability of telmisartan up to nearly 100 %. The elimination half-life of telmisartan is not changed in patients with hepatic impairment. Patients with hepatic insufficiency have decreased clearance of amlodipine with resulting increase of approximately 40-60 % in AUC.

### **5.3 Preclinical safety data**

Since the non-clinical toxicity profiles of telmisartan and amlodipine are not overlapping, no exacerbation of toxicity was expected for the combination. This has been confirmed in a subchronic (13-week) toxicology study in rats, in which dose levels of 3.2/0.8, 10/2.5 and 40/10 mg/kg of telmisartan and amlodipine were tested.

Preclinical data available for the components of this fixed dose combination are reported below.

#### Telmisartan

In preclinical safety studies, doses producing exposure comparable to that in the clinical therapeutic range caused reduced red cell parameters (erythrocytes, haemoglobin, haematocrit), changes in renal haemodynamics (increased blood urea nitrogen and creatinine), as well as increased serum potassium in normotensive animals. In dogs, renal tubular dilation and atrophy were observed. Gastric mucosal injury (erosion, ulcers or inflammation) also was noted in rats and dogs. These pharmacologically-mediated undesirable effects, known from preclinical studies with both angiotensin converting enzyme inhibitors and angiotensin II receptor antagonists, were prevented by oral saline supplementation. In both species, increased plasma renin activity and hypertrophy/hyperplasia of the renal juxtaglomerular cells were observed. These changes, also a class effect of angiotensin converting enzyme inhibitors and other angiotensin II receptor antagonists, do not appear to have clinical significance.

No clear evidence of a teratogenic effect was observed, however at toxic dose levels of telmisartan an effect on the postnatal development of the offsprings such as lower body weight and delayed eye opening was observed.

There was no evidence of mutagenicity and relevant clastogenic activity in *in vitro* studies and no evidence of carcinogenicity in rats and mice.

#### Amlodipine

Preclinical data reveal no special hazard for humans based on conventional studies of safety pharmacology, repeated dose toxicity, genotoxicity and carcinogenic potential.

In reproductive toxicity studies in rats, delayed parturition, difficult labour and impaired fetal and pup survival were seen at high doses. There was no effect on the fertility of rats treated orally with amlodipine maleate (males for 64 days and females for 14 days prior to mating) at doses of up to 10 mg amlodipine/kg/day (about 10 times the maximum recommended human dose of 10 mg/day on an mg/m<sup>2</sup> basis).

## **6. PHARMACEUTICAL PARTICULARS**

### **6.1 List of excipients**

Colloidal anhydrous silica  
Brilliant blue FCF (E133)  
Ferric oxide black (E172)  
Ferric oxide yellow (E172)  
Magnesium stearate  
Maize starch  
Meglumine  
Microcrystalline cellulose  
Povidone K25  
Pregelatinised starch (prepared from maize starch)  
Sodium hydroxide  
Sorbitol (E420)

### **6.2 Incompatibilities**

Not applicable.

### **6.3 Shelf life**

3 years

### **6.4 Special precautions for storage**

This medicinal product does not require any special temperature storage conditions.  
Store in the original package in order to protect from light and moisture.  
Remove the tablets from the blister only directly prior to intake.

### **6.5 Nature and contents of container**

Aluminium/aluminium blisters (PA/Al/PVC/Al) in a carton containing 14, 28, 56, 98 tablets or aluminium/aluminium perforated unit dose blisters (PA/Al/PVC/Al) in a carton containing 30 x 1, 90 x 1 tablets and multipacks containing 360 (4 packs of 90 x 1) tablets.

Not all pack sizes may be marketed.

### **6.6 Special precautions for disposal**

No special requirements.

## **7. MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim International GmbH  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

## **8. MARKETING AUTHORISATION NUMBERS**

EU/1/10/648/022 (14 tablets)  
EU/1/10/648/023 (28 tablets)  
EU/1/10/648/024 (30 x 1 tablets)  
EU/1/10/648/025 (56 tablets)  
EU/1/10/648/026 (90 x 1 tablets)  
EU/1/10/648/027 (98 tablets)  
EU/1/10/648/028 (360 (4 x 90 x 1) tablets)

## **9. DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION**

Date of first authorisation: 7 October 2010  
Date of latest renewal: 20 August 2015

## **10. DATE OF REVISION OF THE TEXT**

Detailed information on this medicinal product is available on the website of the European Medicines Agency <http://www.ema.europa.eu/>.

## **ANNEX II**

- A. MANUFACTURER(S) RESPONSIBLE FOR BATCH RELEASE**
- B. CONDITIONS OR RESTRICTIONS REGARDING SUPPLY AND USE**
- C. OTHER CONDITIONS AND REQUIREMENTS OF THE MARKETING AUTHORIZATION**
- D. CONDITIONS OR RESTRICTIONS WITH REGARD TO THE SAFE AND EFFECTIVE USE OF THE MEDICINAL PRODUCT**

**A. MANUFACTURER(S) RESPONSIBLE FOR BATCH RELEASE**

Name and address of the manufacturer responsible for batch release

Boehringer Ingelheim Pharma GmbH & Co. KG  
Binger Strasse 173  
D-55216 Ingelheim am Rhein  
Germany

Rottendorf Pharma GmbH  
Ostenfelder Straße 51 - 61  
D-59320 Ennigerloh  
Germany

The printed package leaflet of the medicinal product must state the name and address of the manufacturer responsible for the release of the concerned batch.

**B. CONDITIONS OR RESTRICTIONS REGARDING SUPPLY AND USE**

Medicinal product subject to medical prescription.

**C. OTHER CONDITIONS AND REQUIREMENTS OF THE MARKETING AUTHORIZATION**

• **Periodic Safety Update Reports**

The requirements for submission of periodic safety update reports for this medicinal product are set out in the list of Union reference dates (EURD list) provided for under Article 107c(7) of Directive 2001/83/EC and any subsequent updates published on the European medicines web-portal.

**D. CONDITIONS OR RESTRICTIONS WITH REGARD TO THE SAFE AND EFFECTIVE USE OF THE MEDICINAL PRODUCT**

Not applicable.

**ANNEX III**  
**LABELLING AND PACKAGE LEAFLET**



## **A. LABELLING**

**PARTICULARS TO APPEAR ON THE OUTER PACKAGING**

**CARTON – 40 mg/5 mg**

**1. NAME OF THE MEDICINAL PRODUCT**

Twynsta 40 mg/5 mg tablets  
telmisartan/amlodipine

**2. STATEMENT OF ACTIVE SUBSTANCE(S)**

Each tablet contains 40 mg telmisartan and 5 mg amlodipine (as amlodipine besilate).

**3. LIST OF EXCIPIENTS**

Contains sorbitol (E420).  
Read the package leaflet for further information.

**4. PHARMACEUTICAL FORM AND CONTENTS**

14 tablets  
28 tablets  
30 x 1 tablets  
56 tablets  
90 x 1 tablets  
98 tablets

**5. METHOD AND ROUTE(S) OF ADMINISTRATION**

Read the package leaflet before use.  
Oral use

**6. SPECIAL WARNING THAT THE MEDICINAL PRODUCT MUST BE STORED OUT OF THE SIGHT AND REACH OF CHILDREN**

Keep out of the sight and reach of children.

**7. OTHER SPECIAL WARNING(S), IF NECESSARY**

**8. EXPIRY DATE**

EXP

**9. SPECIAL STORAGE CONDITIONS**

Store in the original package in order to protect from light and moisture.

**10. SPECIAL PRECAUTIONS FOR DISPOSAL OF UNUSED MEDICINAL PRODUCTS OR WASTE MATERIALS DERIVED FROM SUCH MEDICINAL PRODUCTS, IF APPROPRIATE****11. NAME AND ADDRESS OF THE MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim International GmbH  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

**12. MARKETING AUTHORISATION NUMBER(S)**

EU/1/10/648/001 (14 tablets)  
EU/1/10/648/002 (28 tablets)  
EU/1/10/648/003 (30 x 1 tablets)  
EU/1/10/648/004 (56 tablets)  
EU/1/10/648/005 (90 x 1 tablets)  
EU/1/10/648/006 (98 tablets)

**13. BATCH NUMBER**

Lot

**14. GENERAL CLASSIFICATION FOR SUPPLY****15. INSTRUCTIONS ON USE****16. INFORMATION IN BRAILLE**

Twynsta 40 mg/5 mg

**17. UNIQUE IDENTIFIER – 2D BARCODE**

2D barcode carrying the unique identifier included.

**18. UNIQUE IDENTIFIER - HUMAN READABLE DATA**

PC: {number} [product code]  
SN: {number} [serial number]  
NN: {number} [national reimbursement number or other national number identifying the medicinal product]

**PARTICULARS TO APPEAR ON THE OUTER PACKAGING**

**INTERMEDIATE CARTON OF THE MULTIPACKS OF 360 (4 PACKS OF 90 x 1 TABLETS) – WITHOUT BLUE BOX – 40 mg/5 mg**

**1. NAME OF THE MEDICINAL PRODUCT**

Twynsta 40 mg/5 mg tablets  
telmisartan/amlodipine

**2. STATEMENT OF ACTIVE SUBSTANCE(S)**

Each tablet contains 40 mg telmisartan and 5 mg amlodipine (as amlodipine besilate).

**3. LIST OF EXCIPIENTS**

Contains sorbitol (E420).  
Read the package leaflet for further information.

**4. PHARMACEUTICAL FORM AND CONTENTS**

90 tablets  
Component of a multipack, can't be sold separately.

**5. METHOD AND ROUTE(S) OF ADMINISTRATION**

Read the package leaflet before use.  
Oral use

**6. SPECIAL WARNING THAT THE MEDICINAL PRODUCT MUST BE STORED OUT OF THE SIGHT AND REACH OF CHILDREN**

Keep out of the sight and reach of children.

**7. OTHER SPECIAL WARNING(S), IF NECESSARY**

**8. EXPIRY DATE**

EXP

**9. SPECIAL STORAGE CONDITIONS**

Store in the original package in order to protect from light and moisture.

**10. SPECIAL PRECAUTIONS FOR DISPOSAL OF UNUSED MEDICINAL PRODUCTS OR WASTE MATERIALS DERIVED FROM SUCH MEDICINAL PRODUCTS, IF APPROPRIATE**

**11. NAME AND ADDRESS OF THE MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim International GmbH  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

**12. MARKETING AUTHORISATION NUMBER(S)**

EU/1/10/648/007 (360 (4 x 90 x 1) tablets)

**13. BATCH NUMBER**

Lot

**14. GENERAL CLASSIFICATION FOR SUPPLY**

**15. INSTRUCTIONS ON USE**

**16. INFORMATION IN BRAILLE**

Twynsta 40 mg/5 mg

**17. UNIQUE IDENTIFIER – 2D BARCODE**

2D barcode carrying the unique identifier included.

**18. UNIQUE IDENTIFIER - HUMAN READABLE DATA**

PC: {number} [product code]  
SN: {number} [serial number]  
NN: {number} [national reimbursement number or other national number identifying the medicinal product]

**PARTICULARS TO APPEAR ON THE OUTER PACKAGING**

**OUTER LABEL ON MULTIPACKS OF 360 (4 PACKS OF 90 x 1 TABLETS) BUNDLED – INCLUDING THE BLUE BOX – 40 mg/5 mg**

**1. NAME OF THE MEDICINAL PRODUCT**

Twynsta 40 mg/5 mg tablets  
telmisartan/amlodipine

**2. STATEMENT OF ACTIVE SUBSTANCE(S)**

Each tablet contains 40 mg telmisartan and 5 mg amlodipine (as amlodipine besilate).

**3. LIST OF EXCIPIENTS**

Contains sorbitol (E420).  
Read the package leaflet for further information.

**4. PHARMACEUTICAL FORM AND CONTENTS**

Multipack comprising 4 packs, each containing 90 x 1 tablets

**5. METHOD AND ROUTE(S) OF ADMINISTRATION**

Read the package leaflet before use.  
Oral use

**6. SPECIAL WARNING THAT THE MEDICINAL PRODUCT MUST BE STORED OUT OF THE SIGHT AND REACH OF CHILDREN**

Keep out of the sight and reach of children.

**7. OTHER SPECIAL WARNING(S), IF NECESSARY**

**8. EXPIRY DATE**

EXP

**9. SPECIAL STORAGE CONDITIONS**

Store in the original package in order to protect from light and moisture.

**10. SPECIAL PRECAUTIONS FOR DISPOSAL OF UNUSED MEDICINAL PRODUCTS OR WASTE MATERIALS DERIVED FROM SUCH MEDICINAL PRODUCTS, IF APPROPRIATE**

**11. NAME AND ADDRESS OF THE MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim International GmbH  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

**12. MARKETING AUTHORISATION NUMBER(S)**

EU/1/10/648/007 (360 (4 x 90 x 1) tablets)

**13. BATCH NUMBER**

Lot

**14. GENERAL CLASSIFICATION FOR SUPPLY**

**15. INSTRUCTIONS ON USE**

**16. INFORMATION IN BRAILLE**

Twynsta 40 mg/5 mg

**17. UNIQUE IDENTIFIER – 2D BARCODE**

2D barcode carrying the unique identifier included.

**18. UNIQUE IDENTIFIER - HUMAN READABLE DATA**

PC: {number} [product code]  
SN: {number} [serial number]  
NN: {number} [national reimbursement number or other national number identifying the medicinal product]

**MINIMUM PARTICULARS TO APPEAR ON BLISTERS OR STRIPS**

**Blister of 7 tablets – 40 mg/5 mg**

**1. NAME OF THE MEDICINAL PRODUCT**

Twynsta 40 mg/5 mg tablets  
telmisartan/amlodipine

**2. NAME OF THE MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim (Logo)

**3. EXPIRY DATE**

EXP

**4. BATCH NUMBER**

Lot

**5. OTHER**



**MINIMUM PARTICULARS TO APPEAR ON BLISTERS OR STRIPS**

**Unit dose blister of 10 tablets – 40 mg/5 mg**

**1. NAME OF THE MEDICINAL PRODUCT**

Twynsta 40 mg/5 mg tablets  
telmisartan/amlodipine

**2. NAME OF THE MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim (Logo)

**3. EXPIRY DATE**

EXP

**4. BATCH NUMBER**

Lot

**5. OTHER**

**PARTICULARS TO APPEAR ON THE OUTER PACKAGING**

**CARTON – 40 mg/10 mg**

**1. NAME OF THE MEDICINAL PRODUCT**

Twynsta 40 mg/10 mg tablets  
telmisartan/amlodipine

**2. STATEMENT OF ACTIVE SUBSTANCE(S)**

Each tablet contains 40 mg telmisartan and 10 mg amlodipine (as amlodipine besilate).

**3. LIST OF EXCIPIENTS**

Contains sorbitol (E420).  
Read the package leaflet for further information.

**4. PHARMACEUTICAL FORM AND CONTENTS**

14 tablets  
28 tablets  
30 x 1 tablets  
56 tablets  
90 x 1 tablets  
98 tablets

**5. METHOD AND ROUTE(S) OF ADMINISTRATION**

Read the package leaflet before use.  
Oral use

**6. SPECIAL WARNING THAT THE MEDICINAL PRODUCT MUST BE STORED OUT OF THE SIGHT AND REACH OF CHILDREN**

Keep out of the sight and reach of children

**7. OTHER SPECIAL WARNING(S), IF NECESSARY**

**8. EXPIRY DATE**

EXP

**9. SPECIAL STORAGE CONDITIONS**

Store in the original package in order to protect from light and moisture.

**10. SPECIAL PRECAUTIONS FOR DISPOSAL OF UNUSED MEDICINAL PRODUCTS OR WASTE MATERIALS DERIVED FROM SUCH MEDICINAL PRODUCTS, IF APPROPRIATE****11. NAME AND ADDRESS OF THE MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim International GmbH  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

**12. MARKETING AUTHORISATION NUMBER(S)**

EU/1/10/648/008 (14 tablets)  
EU/1/10/648/009 (28 tablets)  
EU/1/10/648/010 (30 x 1 tablets)  
EU/1/10/648/011 (56 tablets)  
EU/1/10/648/012 (90 x 1 tablets)  
EU/1/10/648/013 (98 tablets)

**13. BATCH NUMBER**

Lot

**14. GENERAL CLASSIFICATION FOR SUPPLY****15. INSTRUCTIONS ON USE****16. INFORMATION IN BRAILLE**

Twynsta 40 mg/10 mg

**17. UNIQUE IDENTIFIER – 2D BARCODE**

2D barcode carrying the unique identifier included.

**18. UNIQUE IDENTIFIER - HUMAN READABLE DATA**

PC: {number} [product code]  
SN: {number} [serial number]  
NN: {number} [national reimbursement number or other national number identifying the medicinal product]

**PARTICULARS TO APPEAR ON THE OUTER PACKAGING**

**INTERMEDIATE CARTON OF THE MULTIPACKS OF 360 (4 PACKS OF 90 x 1 TABLETS) – WITHOUT BLUE BOX – 40 mg/10 mg**

**1. NAME OF THE MEDICINAL PRODUCT**

Twynsta 40 mg /10 mg tablets  
telmisartan/amlodipine

**2. STATEMENT OF ACTIVE SUBSTANCE(S)**

Each tablet contains 40 mg telmisartan and 10 mg amlodipine (as amlodipine besilate).

**3. LIST OF EXCIPIENTS**

Contains sorbitol (E420).  
Read the package leaflet for further information.

**4. PHARMACEUTICAL FORM AND CONTENTS**

90 tablets  
Component of a multipack, can't be sold separately.

**5. METHOD AND ROUTE(S) OF ADMINISTRATION**

Read the package leaflet before use.  
Oral use

**6. SPECIAL WARNING THAT THE MEDICINAL PRODUCT MUST BE STORED OUT OF THE SIGHT AND REACH OF CHILDREN**

Keep out of the sight and reach of children.

**7. OTHER SPECIAL WARNING(S), IF NECESSARY**

**8. EXPIRY DATE**

EXP

**9. SPECIAL STORAGE CONDITIONS**

Store in the original package in order to protect from light and moisture.

**10. SPECIAL PRECAUTIONS FOR DISPOSAL OF UNUSED MEDICINAL PRODUCTS OR WASTE MATERIALS DERIVED FROM SUCH MEDICINAL PRODUCTS, IF APPROPRIATE**

**11. NAME AND ADDRESS OF THE MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim International GmbH  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

**12. MARKETING AUTHORISATION NUMBER(S)**

EU/1/10/648/014 (360 (4 x 90 x 1) tablets)

**13. BATCH NUMBER**

Lot

**14. GENERAL CLASSIFICATION FOR SUPPLY**

**15. INSTRUCTIONS ON USE**

**16. INFORMATION IN BRAILLE**

Twynsta 40 mg/10 mg

**17. UNIQUE IDENTIFIER – 2D BARCODE**

2D barcode carrying the unique identifier included.

**18. UNIQUE IDENTIFIER - HUMAN READABLE DATA**

PC: {number} [product code]  
SN: {number} [serial number]  
NN: {number} [national reimbursement number or other national number identifying the medicinal product]

**PARTICULARS TO APPEAR ON THE OUTER PACKAGING**

**OUTER LABEL ON MULTIPACKS OF 360 (4 PACKS OF 90 x 1 TABLETS) BUNDLED – INCLUDING THE BLUE BOX – 40 mg/10 mg**

**1. NAME OF THE MEDICINAL PRODUCT**

Twynsta 40 mg/10 mg tablets  
telmisartan/amlodipine

**2. STATEMENT OF ACTIVE SUBSTANCE(S)**

Each tablet contains 40 mg telmisartan and 10 mg amlodipine (as amlodipine besilate).

**3. LIST OF EXCIPIENTS**

Contains sorbitol (E420).  
Read the package leaflet for further information.

**4. PHARMACEUTICAL FORM AND CONTENTS**

Multipack comprising 4 packs, each containing 90 x 1 tablets

**5. METHOD AND ROUTE(S) OF ADMINISTRATION**

Read the package leaflet before use.  
Oral use

**6. SPECIAL WARNING THAT THE MEDICINAL PRODUCT MUST BE STORED OUT OF THE SIGHT AND REACH OF CHILDREN**

Keep out of the sight and reach of children.

**7. OTHER SPECIAL WARNING(S), IF NECESSARY**

**8. EXPIRY DATE**

EXP

**9. SPECIAL STORAGE CONDITIONS**

Store in the original package in order to protect from light and moisture.

**10. SPECIAL PRECAUTIONS FOR DISPOSAL OF UNUSED MEDICINAL PRODUCTS OR WASTE MATERIALS DERIVED FROM SUCH MEDICINAL PRODUCTS, IF APPROPRIATE**

**11. NAME AND ADDRESS OF THE MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim International GmbH  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

**12. MARKETING AUTHORISATION NUMBER(S)**

EU/1/10/648/014 (360 (4 x 90 x 1) tablets)

**13. BATCH NUMBER**

Lot

**14. GENERAL CLASSIFICATION FOR SUPPLY**

**15. INSTRUCTIONS ON USE**

**16. INFORMATION IN BRAILLE**

Twynsta 40 mg/10 mg

**17. UNIQUE IDENTIFIER – 2D BARCODE**

2D barcode carrying the unique identifier included.

**18. UNIQUE IDENTIFIER - HUMAN READABLE DATA**

PC: {number} [product code]  
SN: {number} [serial number]  
NN: {number} [national reimbursement number or other national number identifying the medicinal product]

**MINIMUM PARTICULARS TO APPEAR ON BLISTERS OR STRIPS**

**Blister of 7 tablets – 40 mg/10 mg**

**1. NAME OF THE MEDICINAL PRODUCT**

Twynsta 40 mg/10 mg tablets  
telmisartan/amlodipine

**2. NAME OF THE MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim (Logo)

**3. EXPIRY DATE**

EXP

**4. BATCH NUMBER**

Lot

**5. OTHER**



**MINIMUM PARTICULARS TO APPEAR ON BLISTERS OR STRIPS**

Unit dose blister of 10 tablets – 40 mg/10 mg

**1. NAME OF THE MEDICINAL PRODUCT**

Twynsta 40 mg/10 mg tablets  
telmisartan/amlodipine

**2. NAME OF THE MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim (Logo)

**3. EXPIRY DATE**

EXP

**4. BATCH NUMBER**

Lot

**5. OTHER**

**PARTICULARS TO APPEAR ON THE OUTER PACKAGING**

**CARTON – 80 mg/5 mg**

**1. NAME OF THE MEDICINAL PRODUCT**

Twynsta 80 mg/5 mg tablets  
telmisartan/amlodipine

**2. STATEMENT OF ACTIVE SUBSTANCE(S)**

Each tablet contains 80 mg telmisartan and 5 mg amlodipine (as amlodipine besilate).

**3. LIST OF EXCIPIENTS**

Contains sorbitol (E420).  
Read the package leaflet for further information.

**4. PHARMACEUTICAL FORM AND CONTENTS**

14 tablets  
28 tablets  
30 x 1 tablets  
56 tablets  
90 x 1 tablets  
98 tablets

**5. METHOD AND ROUTE(S) OF ADMINISTRATION**

Read the package leaflet before use.  
Oral use.

**6. SPECIAL WARNING THAT THE MEDICINAL PRODUCT MUST BE STORED OUT OF THE SIGHT AND REACH OF CHILDREN**

Keep out of the sight and reach of children.

**7. OTHER SPECIAL WARNING(S), IF NECESSARY**

**8. EXPIRY DATE**

EXP

**9. SPECIAL STORAGE CONDITIONS**

Store in the original package in order to protect from light and moisture.

**10. SPECIAL PRECAUTIONS FOR DISPOSAL OF UNUSED MEDICINAL PRODUCTS OR WASTE MATERIALS DERIVED FROM SUCH MEDICINAL PRODUCTS, IF APPROPRIATE****11. NAME AND ADDRESS OF THE MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim International GmbH  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

**12. MARKETING AUTHORISATION NUMBER(S)**

EU/1/10/648/015 (14 tablets)  
EU/1/10/648/016 (28 tablets)  
EU/1/10/648/017 (30 x 1 tablets)  
EU/1/10/648/018 (56 tablets)  
EU/1/10/648/019 (90 x 1 tablets)  
EU/1/10/648/020 (98 tablets)

**13. BATCH NUMBER**

Lot

**14. GENERAL CLASSIFICATION FOR SUPPLY****15. INSTRUCTIONS ON USE****16. INFORMATION IN BRAILLE**

Twynsta 80 mg/5 mg

**17. UNIQUE IDENTIFIER – 2D BARCODE**

2D barcode carrying the unique identifier included.

**18. UNIQUE IDENTIFIER - HUMAN READABLE DATA**

PC: {number} [product code]  
SN: {number} [serial number]  
NN: {number} [national reimbursement number or other national number identifying the medicinal product]

**PARTICULARS TO APPEAR ON THE OUTER PACKAGING**

**INTERMEDIATE CARTON OF THE MULTIPACKS OF 360 (4 PACKS OF 90 x 1 TABLETS) – WITHOUT BLUE BOX – 80 mg/5 mg**

**1. NAME OF THE MEDICINAL PRODUCT**

Twynsta 80 mg/5 mg tablets  
telmisartan/amlodipine

**2. STATEMENT OF ACTIVE SUBSTANCE(S)**

Each tablet contains 80 mg telmisartan and 5 mg amlodipine (as amlodipine besilate).

**3. LIST OF EXCIPIENTS**

Contains sorbitol (E420).  
Read the package leaflet for further information.

**4. PHARMACEUTICAL FORM AND CONTENTS**

90 tablets  
Component of a multipack, can't be sold separately.

**5. METHOD AND ROUTE(S) OF ADMINISTRATION**

Read the package leaflet before use.  
Oral use

**6. SPECIAL WARNING THAT THE MEDICINAL PRODUCT MUST BE STORED OUT OF THE SIGHT AND REACH OF CHILDREN**

Keep out of the sight and reach of children.

**7. OTHER SPECIAL WARNING(S), IF NECESSARY**

**8. EXPIRY DATE**

EXP

**9. SPECIAL STORAGE CONDITIONS**

Store in the original package in order to protect from light and moisture.

**10. SPECIAL PRECAUTIONS FOR DISPOSAL OF UNUSED MEDICINAL PRODUCTS OR WASTE MATERIALS DERIVED FROM SUCH MEDICINAL PRODUCTS, IF APPROPRIATE**

**11. NAME AND ADDRESS OF THE MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim International GmbH  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

**12. MARKETING AUTHORISATION NUMBER(S)**

EU/1/10/648/021 (360 (4 x 90 x 1) tablets)

**13. BATCH NUMBER**

Lot

**14. GENERAL CLASSIFICATION FOR SUPPLY**

**15. INSTRUCTIONS ON USE**

**16. INFORMATION IN BRAILLE**

Twynsta 80 mg/5 mg

**17. UNIQUE IDENTIFIER – 2D BARCODE**

2D barcode carrying the unique identifier included.

**18. UNIQUE IDENTIFIER - HUMAN READABLE DATA**

PC: {number} [product code]  
SN: {number} [serial number]  
NN: {number} [national reimbursement number or other national number identifying the medicinal product]

**PARTICULARS TO APPEAR ON THE OUTER PACKAGING**

**OUTER LABEL ON MULTIPACKS OF 360 (4 PACKS OF 90 x 1 TABLETS) BUNDLED – INCLUDING THE BLUE BOX – 80 mg/5 mg**

**1. NAME OF THE MEDICINAL PRODUCT**

Twynsta 80 mg/5 mg tablets  
telmisartan/amlodipine

**2. STATEMENT OF ACTIVE SUBSTANCE(S)**

Each tablet contains 80 mg telmisartan and 5 mg amlodipine (as amlodipine besilate).

**3. LIST OF EXCIPIENTS**

Contains sorbitol (E420).  
Read the package leaflet for further information.

**4. PHARMACEUTICAL FORM AND CONTENTS**

Multipack comprising 4 packs, each containing 90 x 1 tablets

**5. METHOD AND ROUTE(S) OF ADMINISTRATION**

Read the package leaflet before use.  
Oral use

**6. SPECIAL WARNING THAT THE MEDICINAL PRODUCT MUST BE STORED OUT OF THE SIGHT AND REACH OF CHILDREN**

Keep out of the sight and reach of children.

**7. OTHER SPECIAL WARNING(S), IF NECESSARY**

**8. EXPIRY DATE**

EXP

**9. SPECIAL STORAGE CONDITIONS**

Store in the original package in order to protect from light and moisture.

**10. SPECIAL PRECAUTIONS FOR DISPOSAL OF UNUSED MEDICINAL PRODUCTS OR WASTE MATERIALS DERIVED FROM SUCH MEDICINAL PRODUCTS, IF APPROPRIATE**

**11. NAME AND ADDRESS OF THE MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim International GmbH  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

**12. MARKETING AUTHORISATION NUMBER(S)**

EU/1/10/648/021 (360 (4 x 90 x 1) tablets)

**13. BATCH NUMBER**

Lot

**14. GENERAL CLASSIFICATION FOR SUPPLY**

**15. INSTRUCTIONS ON USE**

**16. INFORMATION IN BRAILLE**

Twynsta 80 mg/5 mg

**17. UNIQUE IDENTIFIER – 2D BARCODE**

2D barcode carrying the unique identifier included.

**18. UNIQUE IDENTIFIER - HUMAN READABLE DATA**

PC: {number} [product code]  
SN: {number} [serial number]  
NN: {number} [national reimbursement number or other national number identifying the medicinal product]

**MINIMUM PARTICULARS TO APPEAR ON BLISTERS OR STRIPS**

**Blister of 7 tablets – 80 mg/5 mg**

**1. NAME OF THE MEDICINAL PRODUCT**

Twynsta 80 mg/5 mg tablets  
telmisartan/amlodipine

**2. NAME OF THE MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim (Logo)

**3. EXPIRY DATE**

EXP

**4. BATCH NUMBER**

Lot

**5. OTHER**



**MINIMUM PARTICULARS TO APPEAR ON BLISTERS OR STRIPS**

**Unit dose blister of 10 tablets – 80 mg/5 mg**

**1. NAME OF THE MEDICINAL PRODUCT**

Twynsta 80 mg/5 mg tablets  
telmisartan/amlodipine

**2. NAME OF THE MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim (Logo)

**3. EXPIRY DATE**

EXP

**4. BATCH NUMBER**

Lot

**5. OTHER**

**PARTICULARS TO APPEAR ON THE OUTER PACKAGING**

**CARTON – 80 mg/10 mg**

**1. NAME OF THE MEDICINAL PRODUCT**

Twynsta 80 mg/10 mg tablets  
telmisartan/amlodipine

**2. STATEMENT OF ACTIVE SUBSTANCE(S)**

Each tablet contains 80 mg telmisartan and 10 mg amlodipine (as amlodipine besilate).

**3. LIST OF EXCIPIENTS**

Contains sorbitol (E420).  
Read the package leaflet for further information.

**4. PHARMACEUTICAL FORM AND CONTENTS**

14 tablets  
28 tablets  
30 x 1 tablets  
56 tablets  
90 x 1 tablets  
98 tablets

**5. METHOD AND ROUTE(S) OF ADMINISTRATION**

Read the package leaflet before use.  
Oral use.

**6. SPECIAL WARNING THAT THE MEDICINAL PRODUCT MUST BE STORED OUT OF THE SIGHT AND REACH OF CHILDREN**

Keep out of the sight and reach of children.

**7. OTHER SPECIAL WARNING(S), IF NECESSARY**

**8. EXPIRY DATE**

EXP

**9. SPECIAL STORAGE CONDITIONS**

Store in the original package in order to protect from light and moisture.

**10. SPECIAL PRECAUTIONS FOR DISPOSAL OF UNUSED MEDICINAL PRODUCTS OR WASTE MATERIALS DERIVED FROM SUCH MEDICINAL PRODUCTS, IF APPROPRIATE****11. NAME AND ADDRESS OF THE MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim International GmbH  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

**12. MARKETING AUTHORISATION NUMBER(S)**

EU/1/10/648/022 (14 tablets)  
EU/1/10/648/023 (28 tablets)  
EU/1/10/648/024 (30 x 1 tablets)  
EU/1/10/648/025 (56 tablets)  
EU/1/10/648/026 (90 x 1 tablets)  
EU/1/10/648/027 (98 tablets)

**13. BATCH NUMBER**

Lot

**14. GENERAL CLASSIFICATION FOR SUPPLY****15. INSTRUCTIONS ON USE****16. INFORMATION IN BRAILLE**

Twynsta 80 mg/10 mg

**17. UNIQUE IDENTIFIER – 2D BARCODE**

2D barcode carrying the unique identifier included.

**18. UNIQUE IDENTIFIER - HUMAN READABLE DATA**

PC: {number} [product code]  
SN: {number} [serial number]  
NN: {number} [national reimbursement number or other national number identifying the medicinal product]

**PARTICULARS TO APPEAR ON THE OUTER PACKAGING**

**INTERMEDIATE CARTON OF THE MULTIPACKS OF 360 (4 PACKS OF 90 x 1 TABLETS) – WITHOUT BLUE BOX – 80 mg/10 mg**

**1. NAME OF THE MEDICINAL PRODUCT**

Twynsta 80 mg/10 mg tablets  
telmisartan/amlodipine

**2. STATEMENT OF ACTIVE SUBSTANCE(S)**

Each tablet contains 80 mg telmisartan and 10 mg amlodipine (as amlodipine besilate).

**3. LIST OF EXCIPIENTS**

Contains sorbitol (E420).  
Read the package leaflet for further information.

**4. PHARMACEUTICAL FORM AND CONTENTS**

90 tablets  
Component of a multipack, can't be sold separately.

**5. METHOD AND ROUTE(S) OF ADMINISTRATION**

Read the package leaflet before use.  
Oral use

**6. SPECIAL WARNING THAT THE MEDICINAL PRODUCT MUST BE STORED OUT OF THE SIGHT AND REACH OF CHILDREN**

Keep out of the sight and reach of children.

**7. OTHER SPECIAL WARNING(S), IF NECESSARY**

**8. EXPIRY DATE**

EXP

**9. SPECIAL STORAGE CONDITIONS**

Store in the original package in order to protect from light and moisture.

**10. SPECIAL PRECAUTIONS FOR DISPOSAL OF UNUSED MEDICINAL PRODUCTS OR WASTE MATERIALS DERIVED FROM SUCH MEDICINAL PRODUCTS, IF APPROPRIATE**

**11. NAME AND ADDRESS OF THE MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim International GmbH  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

**12. MARKETING AUTHORISATION NUMBER(S)**

EU/1/10/648/028 (360 (4 x 90 x 1) tablets)

**13. BATCH NUMBER**

Lot

**14. GENERAL CLASSIFICATION FOR SUPPLY**

**15. INSTRUCTIONS ON USE**

**16. INFORMATION IN BRAILLE**

Twynsta 80 mg/10 mg

**17. UNIQUE IDENTIFIER – 2D BARCODE**

2D barcode carrying the unique identifier included.

**18. UNIQUE IDENTIFIER - HUMAN READABLE DATA**

PC: {number} [product code]  
SN: {number} [serial number]  
NN: {number} [national reimbursement number or other national number identifying the medicinal product]

**PARTICULARS TO APPEAR ON THE OUTER PACKAGING**

**OUTER LABEL ON MULTIPACKS OF 360 (4 PACKS OF 90 x 1 TABLETS) BUNDLED – INCLUDING THE BLUE BOX – 80 mg/10 mg**

**1. NAME OF THE MEDICINAL PRODUCT**

Twynsta 80 mg/10 mg tablets  
telmisartan/amlodipine

**2. STATEMENT OF ACTIVE SUBSTANCE(S)**

Each tablet contains 80 mg telmisartan and 10 mg amlodipine (as amlodipine besilate).

**3. LIST OF EXCIPIENTS**

Contains sorbitol (E420).  
Read the package leaflet for further information.

**4. PHARMACEUTICAL FORM AND CONTENTS**

Multipack comprising 4 packs, each containing 90 x 1 tablets

**5. METHOD AND ROUTE(S) OF ADMINISTRATION**

Read the package leaflet before use.  
Oral use

**6. SPECIAL WARNING THAT THE MEDICINAL PRODUCT MUST BE STORED OUT OF THE SIGHT AND REACH OF CHILDREN**

Keep out of the sight and reach of children.

**7. OTHER SPECIAL WARNING(S), IF NECESSARY**

**8. EXPIRY DATE**

EXP

**9. SPECIAL STORAGE CONDITIONS**

Store in the original package in order to protect from light and moisture.

**10. SPECIAL PRECAUTIONS FOR DISPOSAL OF UNUSED MEDICINAL PRODUCTS OR WASTE MATERIALS DERIVED FROM SUCH MEDICINAL PRODUCTS, IF APPROPRIATE**

**11. NAME AND ADDRESS OF THE MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim International GmbH  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

**12. MARKETING AUTHORISATION NUMBER(S)**

EU/1/10/648/028 (360 (4 x 90 x 1) tablets)

**13. BATCH NUMBER**

Lot

**14. GENERAL CLASSIFICATION FOR SUPPLY**

**15. INSTRUCTIONS ON USE**

**16. INFORMATION IN BRAILLE**

Twynsta 80 mg/10 mg

**17. UNIQUE IDENTIFIER – 2D BARCODE**

2D barcode carrying the unique identifier included.

**18. UNIQUE IDENTIFIER - HUMAN READABLE DATA**

PC: {number} [product code]  
SN: {number} [serial number]  
NN: {number} [national reimbursement number or other national number identifying the medicinal product]

**MINIMUM PARTICULARS TO APPEAR ON BLISTERS OR STRIPS**

**Blister of 7 tablets – 80 mg/10 mg**

**1. NAME OF THE MEDICINAL PRODUCT**

Twynsta 80 mg/10 mg tablets  
telmisartan/amlodipine

**2. NAME OF THE MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim (Logo)

**3. EXPIRY DATE**

EXP

**4. BATCH NUMBER**

Lot

**5. OTHER**



**MINIMUM PARTICULARS TO APPEAR ON BLISTERS OR STRIPS**

**Unit dose blister of 10 tablets – 80 mg/10 mg**

**1. NAME OF THE MEDICINAL PRODUCT**

Twynsta 80 mg/10 mg tablets  
telmisartan/amlodipine

**2. NAME OF THE MARKETING AUTHORISATION HOLDER**

Boehringer Ingelheim (Logo)

**3. EXPIRY DATE**

EXP

**4. BATCH NUMBER**

Lot

**5. OTHER**

**B. PACKAGE LEAFLET**

**Package leaflet: Information for the user**  
**Twynsta 40 mg/5 mg tablets**  
Telmisartan/Amlodipine

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

**What is in this leaflet:**

1. What Twynsta is and what it is used for
2. What you need to know before you take Twynsta
3. How to take Twynsta
4. Possible side effects
5. How to store Twynsta
6. Contents of the pack and other information

**1. What Twynsta is and what it is used for**

Twynsta tablets contain two active substances called telmisartan and amlodipine. Both of these substances help to control your high blood pressure:

- Telmisartan belongs to a group of substances called “angiotensin-II receptor antagonists”. Angiotensin II is a substance produced in the body which causes blood vessels to narrow, thus increasing blood pressure. Telmisartan works by blocking the effect of angiotensin II.
- Amlodipine belongs to a group of substances called “calcium channel blockers”. Amlodipine stops calcium from moving into the blood vessel wall which stops the blood vessels from tightening. This means that both of these active substances work together to help stop your blood vessels tightening. As a result, the blood vessels relax and blood pressure is lowered.

**Twynsta is used to treat high blood pressure**

- in adult patients whose blood pressure is not controlled enough with amlodipine alone.
- in adult patients who already receive telmisartan and amlodipine from separate tablets and who wish to take instead the same doses in one tablet for convenience.

High blood pressure, if not treated, can damage blood vessels in several organs, which puts patients at risk of serious events such as heart attack, heart or kidney failure, stroke, or blindness. There are usually no symptoms of high blood pressure before damage occurs. Thus it is important to regularly measure blood pressure to verify if it is within the normal range.

**2. What you need to know before you take Twynsta**

**Do not take Twynsta**

- if you are allergic to telmisartan or amlodipine or any of the other ingredients of this medicine (listed in section 6).
- if you are allergic to other medicines of the dihydropyridine type (one type of calcium channel blocker).
- if you are more than 3 months pregnant. (It is also better to avoid Twynsta in early pregnancy – see Pregnancy section.)

- if you have severe liver problems or biliary obstruction (problems with drainage of the bile from the liver and gall bladder).
- if you suffer from low heart output because of a serious heart problem.
- if you have diabetes or impaired kidney function and you are treated with a blood pressure lowering medicine containing aliskiren.

If any of the above applies to you, tell your doctor or pharmacist before taking Twynsta.

### **Warnings and precautions**

Talk to your doctor before taking Twynsta if you are suffering or have ever suffered from any of the following conditions or illnesses:

- Kidney disease or kidney transplant.
- Narrowing of the blood vessels to one or both kidneys (renal artery stenosis).
- Liver disease.
- Heart trouble.
- Raised aldosterone levels (which lead to water and salt retention in the body along with imbalance of various blood minerals).
- Low blood pressure (hypotension), likely to occur if you are dehydrated (excessive loss of body water) or have salt deficiency due to diuretic therapy ('water tablets'), low-salt diet, diarrhoea, or vomiting.
- Elevated potassium levels in your blood.
- Diabetes.
- Narrowing of the aorta (aortic stenosis).
- Heart-associated chest pain also at rest or with minimal effort (unstable angina pectoris).
- A heart attack within the last four weeks.

Talk to your doctor before taking Twynsta:

- if you are taking any of the following medicines used to treat high blood pressure:
  - an ACE-inhibitor (for example enalapril, lisinopril, ramipril), in particular if you have diabetes-related kidney problems.
  - aliskiren.
 Your doctor may check your kidney function, blood pressure, and the amount of electrolytes (e.g. potassium) in your blood at regular intervals. See also "Do not take Twynsta".
- if you are taking digoxin, a medicine used for the treatment of heart failure.

In case of surgery or anaesthesia, you should tell your doctor that you are taking Twynsta.

### **Children and adolescents**

Twynsta is not recommended in children and adolescents up to the age of 18 years.

### **Other medicines and Twynsta**

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. Your doctor may need to change the dose of these other medicines or take other precautions. In some cases you may have to stop taking one of the medicines. This applies especially to the medicines listed below taken at the same time with Twynsta:

- Lithium-containing medicines to treat some types of depression.
- Medicines that may increase blood potassium levels such as salt substitutes containing potassium, potassium-sparing diuretics (certain 'water tablets').
- Angiotensin II receptor antagonists.
- ACE-inhibitors or aliskiren (see also information under the headings "Do not take Twynsta" and "Warnings and precautions").

- NSAIDs (non steroidal anti-inflammatory medicines, e.g. acetylsalicylic acid or ibuprofen), heparin, immunosuppressives (e.g. cyclosporin or tacrolimus), and the antibiotic trimethoprim.
- Rifampicin, erythromycin, clarithromycin (antibiotics).
- St. John's wort.
- Medicines used for HIV/AIDS (e.g. ritonavir) or for treatment of fungal infections (e.g. ketoconazole).
- Diltiazem (cardiac medicine).
- Simvastatin to treat elevated levels of cholesterol.
- Digoxin.

As with other blood pressure lowering medicines, the effect of Twynsta may be reduced when you take NSAIDs (non steroidal anti-inflammatory medicines, e.g. acetylsalicylic acid or ibuprofen) or corticosteroids.

Twynsta may increase the blood pressure lowering effect of other medicines used to treat high blood pressure or of medicines with blood pressure lowering potential (e.g. baclofen, amifostine, neuroleptics or antidepressants).

### **Twynsta with food and drink**

Low blood pressure may be aggravated by alcohol. You may notice this as dizziness when standing up.

Grapefruit juice and grapefruit should not be consumed when you take Twynsta. This is because grapefruit and grapefruit juice may lead to increased blood levels of the active ingredient amlodipine in some patients and may increase the blood pressure lowering effect of Twynsta.

### **Pregnancy and breast-feeding**

#### Pregnancy

You must tell your doctor if you think you might be pregnant or are planning to have a baby. Your doctor will normally advise you to stop taking Twynsta before you become pregnant or as soon as you know you are pregnant and will advise you to take another medicine instead of Twynsta. Twynsta is not recommended in early pregnancy, and must not be taken when more than 3 months pregnant, as it may cause serious harm to your baby if used after the third month of pregnancy.

#### Breast-feeding

Amlodipine has been shown to pass into breast milk in small amounts.

Tell your doctor if you are breast-feeding or about to start breast-feeding. Twynsta is not recommended for mothers who are breast-feeding, and your doctor may choose another treatment for you if you wish to breast-feed, especially if your baby is newborn, or was born prematurely.

Ask your doctor or pharmacist for advice before taking any medicine.

### **Driving and using machines**

Some people may experience side effects such as fainting, sleepiness, dizziness or a feeling of spinning (vertigo) when they are treated for high blood pressure. If you experience these side effects, do not drive or use machines.

### **Twynsta contains sorbitol**

This medicine contains 168.64 mg sorbitol in each tablet.

### 3. How to take Twynsta

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

The recommended dose is one tablet a day. Try to take the tablet at the same time each day. Remove your Twynsta tablet from the blister only directly prior to intake.

You can take Twynsta with or without food. The tablets should be swallowed with some water or other non-alcoholic drink.

If your liver is not working properly, the usual dose should not exceed one 40 mg/5 mg tablet or one 40 mg/10 mg tablet per day.

#### **If you take more Twynsta than you should**

If you accidentally take too many tablets, contact your doctor, pharmacist, or your nearest hospital emergency department immediately. You might experience low blood pressure and rapid heart beat. Slow heart beat, dizziness, reduced kidney function including kidney failure, marked and prolonged low blood pressure including shock and death have also been reported.

#### **If you forget to take Twynsta**

If you forget to take a dose, take it as soon as you remember and then carry on as before. If you do not take your tablet on one day, take your normal dose on the next day. **Do not** take a double dose to make up for forgotten individual doses.

#### **If you stop taking Twynsta**

It is important that you take Twynsta every day until your doctor tells you otherwise. If you have the impression that the effect of Twynsta is too strong or too weak, talk to your doctor or pharmacist.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

### 4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

#### **Some side effects can be serious and need immediate medical attention:**

You should see your doctor immediately if you experience any of the following symptoms:

Sepsis (often called "blood poisoning", is a severe infection of the whole-body with high fever and the feeling of being severely ill), rapid swelling of the skin and mucosa (angioedema); these side effects are rare (may affect up to 1 in 1,000 people) but are extremely serious and patients should stop taking the medicine and see their doctor immediately. If these effects are not treated they could be fatal. Increased incidence of sepsis has been observed with telmisartan only, however can not be ruled out for Twynsta.

#### Common side effects (may affect up to 1 in 10 people):

Dizziness, ankle swelling (oedema).

#### Uncommon side effects (may affect up to 1 in 100 people):

Sleepiness, migraine, headache, tingling or numbness of the hands or feet, feeling of spinning (vertigo), slow heart rate, palpitations (awareness of your heart beat), low blood pressure (hypotension), dizziness on standing up (orthostatic hypotension), flushing, cough, stomach ache (abdominal pain), diarrhoea, feeling sick (nausea), itching, joint pain, muscle cramps, muscle pain, inability to obtain an erection, weakness, chest pain, tiredness, swelling (oedema), increased levels of hepatic enzymes.

Rare side effects (may affect up to 1 in 1,000 people):

Urinary bladder infection, feeling sad (depression), feeling anxious, sleeplessness, fainting, nerve damage in the hands or feet, reduced sense of touch, taste abnormalities, trembling, vomiting, enlarged gums, discomfort in the abdomen, dry mouth, eczema (a skin disorder), redness of skin, rash, back pain, leg pain, urge to urinate during the night, feeling unwell (malaise), increased levels of uric acid in the blood.

Very rare side effect (may affect up to 1 in 10,000 people):

Progressive scarring of lung tissue (interstitial lung disease [mainly pneumonia of the interstitium and pneumonia with excess eosinophils])

The following side effects have been observed with the components telmisartan or amlodipine and may occur also with Twynsta:

Telmisartan

In patients taking telmisartan alone the following additional side effects have been reported:

Uncommon side effects (may affect up to 1 in 100 people):

Urinary tract infections, upper respiratory tract infections (e.g. sore throat, inflamed sinuses, common cold), deficiency in red blood cells (anaemia), high potassium levels in the blood, shortness of breath, bloating, increased sweating, kidney damage including sudden inability of the kidneys to work, increased levels of creatinine.

Rare side effects (may affect up to 1 in 1,000 people):

Increase in certain white blood cells (eosinophilia), low platelet count (thrombocytopenia), allergic reaction (e.g. rash, itching, difficulty of breathing, wheezing, swelling of the face or low blood pressure), low blood sugar levels (in diabetic patients), impaired vision, fast heart beat, upset stomach, abnormal liver function, hives (urticaria), medicine rash, inflammation of the tendons, flu-like illness (for example muscle pain, feeling generally unwell), decreased haemoglobin (a blood protein), increased levels of creatinine phosphokinase in the blood.

Most cases of abnormal liver function and liver disorder from post-marketing experience with telmisartan occurred in Japanese patients. Japanese patients are more likely to experience this side effect.

Amlodipine

In patients taking amlodipine alone the following additional side effects have been reported:

Uncommon side effects (may affect up to 1 in 100 people):

Mood changes, impaired vision, ringing in the ears, shortness of breath, sneezing/running nose, change of bowel habit, hair loss, unusual bruising and bleeding (red blood cell damage), skin discolouration, increased sweating, difficulty passing urine, increased need to pass urine especially at night, enlarging of male breasts, pain, weight increased, weight decreased.

Rare side effects (may affect up to 1 in 1,000 people):

Confusion.

Very rare side effects (may affect up to 1 in 10,000 people):

Reduced number of white blood cells (leucopenia), low platelet count (thrombocytopenia), allergic reaction (e.g. rash, itching, difficulty breathing, wheezing, swelling of the face or low blood pressure), excess sugar in blood, uncontrollable twitching or jerking movements, heart attack, irregular heart beat, inflammation of the blood vessels, inflamed pancreas, inflammation of the stomach lining (gastritis), inflammation of the liver, yellowing of the skin (jaundice), increased levels of hepatic enzymes with jaundice, rapid swelling of skin and mucosa (angioedema), severe skin reactions, hives (urticaria), severe allergic reactions with blistering eruptions of the skin and mucous membranes (exfoliative dermatitis, Stevens-Johnson-Syndrome), increased sensitivity of the skin to sun.

Not known: frequency cannot be estimated from the available data:

Severe allergic reactions with blistering eruptions of the skin and mucous membranes (toxic epidermal necrolysis).

### **Reporting of side effects**

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via [the national reporting system listed in Appendix V](#). By reporting side effects you can help provide more information on the safety of this medicine.

## **5. How to store Twynsta**

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the carton and blister after “EXP”. The expiry date refers to the last day of that month.

This medicine does not require any special temperature storage conditions. Store in the original package in order to protect from light and moisture. Remove your Twynsta tablet from the blister only directly prior to intake.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

## **6. Contents of the pack and other information**

### **What Twynsta contains**

- The active substances are telmisartan and amlodipine.  
Each tablet contains 40 mg telmisartan and 5 mg amlodipine (as amlodipine besylate).
- The other ingredients are colloidal anhydrous silica, brilliant blue FCF (E133), ferric oxide black (E172), ferric oxide yellow (E172), magnesium stearate, maize starch, meglumine, microcrystalline cellulose, povidone K25, pregelatinized starch prepared from maize starch, sodium hydroxide, sorbitol (E420).

### **What Twynsta looks like and contents of the pack**

Twynsta 40 mg/5 mg tablets are blue and white oval shaped two layer tablets engraved with the product code A1 and the company logo on the white layer.

Twynsta is available in a folding box containing 14, 28, 56, 98 tablets in aluminium/aluminium blisters or containing 30 x 1, 90 x 1, 360 (4 x 90 x 1) tablets in aluminium/aluminium perforated unit dose blisters.

Not all pack sizes may be marketed.



**Marketing Authorisation Holder**

Boehringer Ingelheim International GmbH  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

**Manufacturer**

Boehringer Ingelheim Pharma GmbH & Co. KG  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

Rottendorf Pharma GmbH  
Ostenfelder Straße 51 - 61  
D-59320 Ennigerloh  
Germany

For any information about this medicine, please contact the local representative of the Marketing Authorisation Holder.

**België/Belgique/Belgien**

SCS Boehringer Ingelheim Comm.V  
Tél/Tel: +32 2 773 33 11

**България**

Бьорингер Ингелхайм РЦВ ГмбХ и Ко КГ -  
клон България  
Тел: +359 2 958 79 98

**Česká republika**

Boehringer Ingelheim spol. s r.o.  
Tel: +420 234 655 111

**Danmark**

Boehringer Ingelheim Danmark A/S  
Tlf: +45 39 15 88 88

**Deutschland**

Boehringer Ingelheim Pharma GmbH & Co. KG  
Tel: +49 (0) 800 77 90 900

**Eesti**

Boehringer Ingelheim RCV GmbH & Co KG  
Eesti Filiaal  
Tel: +372 612 8000

**Ελλάδα**

Boehringer Ingelheim Ellas A.E.  
Τηλ: +30 2 10 89 06 300

**España**

Boehringer Ingelheim España, S.A.  
Tel: +34 93 404 51 00

**France**

Boehringer Ingelheim France S.A.S.  
Tél: +33 3 26 50 45 33

**Hrvatska**

Boehringer Ingelheim Zagreb d.o.o.  
Tel: +385 1 2444 600

**Ireland**

Boehringer Ingelheim Ireland Ltd.  
Tel: +353 1 295 9620

**Lietuva**

Boehringer Ingelheim RCV GmbH & Co KG  
Lietuvos filialas  
Tel.: +370 37 473922

**Luxembourg/Luxemburg**

SCS Boehringer Ingelheim Comm.V  
Tél/Tel: +32 2 773 33 11

**Magyarország**

Boehringer Ingelheim RCV GmbH & Co KG  
Magyarországi Fióktelepe  
Tel.: +36 1 299 89 00

**Malta**

Boehringer Ingelheim Ireland Ltd.  
Tel: +353 1 295 9620

**Nederland**

Boehringer Ingelheim b.v.  
Tel: +31 (0) 800 22 55 889

**Norge**

Boehringer Ingelheim Norway KS  
Tlf: +47 66 76 13 00

**Österreich**

Boehringer Ingelheim RCV GmbH & Co KG  
Tel: +43 1 80 105-0

**Polska**

Boehringer Ingelheim Sp.zo.o.  
Tel.: +48 22 699 0 699

**Portugal**

Boehringer Ingelheim, Unipessoal, Lda.  
Tel: +351 21 313 53 00

**România**

Boehringer Ingelheim RCV GmbH & Co KG  
Viena - Sucursala Bucuresti  
Tel: +40 21 302 2800

**Slovenija**

Boehringer Ingelheim RCV GmbH & Co KG  
Podružnica Ljubljana  
Tel: +386 1 586 40 00

**Ísland**

Vistor hf.  
Sími: +354 535 7000

**Italia**

Boehringer Ingelheim Italia S.p.A.  
Tel: +39 02 5355 1

**Κύπρος**

Boehringer Ingelheim Ellas A.E.  
Τηλ: +30 2 10 89 06 300

**Latvija**

Boehringer Ingelheim RCV GmbH & Co KG  
Latvijas filiāle  
Tel: +371 67 240 011

**Slovenská republika**

Boehringer Ingelheim RCV GmbH & Co KG  
organizačná zložka  
Tel: +421 2 5810 1211

**Suomi/Finland**

Boehringer Ingelheim Finland Ky  
Puh/Tel: +358 10 3102 800

**Sverige**

Boehringer Ingelheim AB  
Tel: +46 8 721 21 00

**United Kingdom**

Boehringer Ingelheim Ltd.  
Tel: +44 1344 424 600

**This leaflet was last revised in**

**Other sources of information**

Detailed information on this medicine is available on the European Medicines Agency web site:  
<http://www.ema.europa.eu/>.

**Package leaflet: Information for the user**  
**Twynsta 40 mg/10 mg tablets**  
Telmisartan/Amlodipine

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
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**What is in this leaflet:**

1. What Twynsta is and what it is used for
2. What you need to know before you take Twynsta
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6. Contents of the pack and other information

**1. What Twynsta is and what it is used for**

Twynsta tablets contain two active substances called telmisartan and amlodipine. Both of these substances help to control your high blood pressure:

- Telmisartan belongs to a group of substances called “angiotensin-II receptor antagonists”. Angiotensin II is a substance produced in the body which causes blood vessels to narrow, thus increasing blood pressure. Telmisartan works by blocking the effect of angiotensin II.

- Amlodipine belongs to a group of substances called “calcium channel blockers”. Amlodipine stops calcium from moving into the blood vessel wall which stops the blood vessels from tightening.

This means that both of these active substances work together to help stop your blood vessels tightening. As a result, the blood vessels relax and blood pressure is lowered.

**Twynsta is used to treat high blood pressure**

- in adult patients whose blood pressure is not controlled enough with amlodipine alone.
- in adult patients who already receive telmisartan and amlodipine from separate tablets and who wish to take instead the same doses in one tablet for convenience.

High blood pressure, if not treated, can damage blood vessels in several organs, which puts patients at risk of serious events such as heart attack, heart or kidney failure, stroke, or blindness. There are usually no symptoms of high blood pressure before damage occurs. Thus it is important to regularly measure blood pressure to verify if it is within the normal range.

**2. What you need to know before you take Twynsta**

**Do not take Twynsta**

- if you are allergic to telmisartan or amlodipine or any of the other ingredients of this medicine (listed in section 6).
- if you are allergic to other medicines of the dihydropyridine type (one type of calcium channel blocker).
- if you are more than 3 months pregnant. (It is also better to avoid Twynsta in early pregnancy – see Pregnancy section.)

- if you have severe liver problems or biliary obstruction (problems with drainage of the bile from the liver and gall bladder).
- if you suffer from low heart output because of a serious heart problem.
- if you have diabetes or impaired kidney function and you are treated with a blood pressure lowering medicine containing aliskiren.

If any of the above applies to you, tell your doctor or pharmacist before taking Twynsta.

### **Warnings and precautions**

Talk to your doctor before taking Twynsta if you are suffering or have ever suffered from any of the following conditions or illnesses:

- Kidney disease or kidney transplant.
- Narrowing of the blood vessels to one or both kidneys (renal artery stenosis).
- Liver disease.
- Heart trouble.
- Raised aldosterone levels (which lead to water and salt retention in the body along with imbalance of various blood minerals).
- Low blood pressure (hypotension), likely to occur if you are dehydrated (excessive loss of body water) or have salt deficiency due to diuretic therapy ('water tablets'), low-salt diet, diarrhoea, or vomiting.
- Elevated potassium levels in your blood.
- Diabetes.
- Narrowing of the aorta (aortic stenosis).
- Heart-associated chest pain also at rest or with minimal effort (unstable angina pectoris).
- A heart attack within the last four weeks.

Talk to your doctor before taking Twynsta:

- if you are taking any of the following medicines used to treat high blood pressure:
  - an ACE-inhibitor (for example enalapril, lisinopril, ramipril), in particular if you have diabetes-related kidney problems.
  - aliskiren.
 Your doctor may check your kidney function, blood pressure, and the amount of electrolytes (e.g. potassium) in your blood at regular intervals. See also "Do not take Twynsta".
- if you are taking digoxin, a medicine used for the treatment of heart failure.

In case of surgery or anaesthesia, you should tell your doctor that you are taking Twynsta.

### **Children and adolescents**

Twynsta is not recommended in children and adolescents up to the age of 18 years.

### **Other medicines and Twynsta**

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. Your doctor may need to change the dose of these other medicines or take other precautions. In some cases you may have to stop taking one of the medicines. This applies especially to the medicines listed below taken at the same time with Twynsta:

- Lithium-containing medicines to treat some types of depression.
- Medicines that may increase blood potassium levels such as salt substitutes containing potassium, potassium-sparing diuretics (certain 'water tablets').
- Angiotensin II receptor antagonists.
- ACE-inhibitors or aliskiren (see also information under the headings "Do not take Twynsta" and "Warnings and precautions").

- NSAIDs (non steroidal anti-inflammatory medicines, e.g. acetylsalicylic acid or ibuprofen), heparin, immunosuppressives (e.g. cyclosporin or tacrolimus), and the antibiotic trimethoprim.
- Rifampicin, erythromycin, clarithromycin (antibiotics).
- St. John's wort.
- Medicines used for HIV/AIDS (e.g. ritonavir) or for treatment of fungal infections (e.g. ketoconazole).
- Diltiazem (cardiac medicine).
- Simvastatin to treat elevated levels of cholesterol.
- Digoxin.

As with other blood pressure lowering medicines, the effect of Twynsta may be reduced when you take NSAIDs (non steroidal anti-inflammatory medicines, e.g. acetylsalicylic acid or ibuprofen) or corticosteroids.

Twynsta may increase the blood pressure lowering effect of other medicines used to treat high blood pressure or of medicines with blood pressure lowering potential (e.g. baclofen, amifostine, neuroleptics or antidepressants).

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Low blood pressure may be aggravated by alcohol. You may notice this as dizziness when standing up.

Grapefruit juice and grapefruit should not be consumed when you take Twynsta. This is because grapefruit and grapefruit juice may lead to increased blood levels of the active ingredient amlodipine in some patients and may increase the blood pressure lowering effect of Twynsta.

### **Pregnancy and breast-feeding**

#### Pregnancy

You must tell your doctor if you think you might be pregnant or are planning to have a baby. Your doctor will normally advise you to stop taking Twynsta before you become pregnant or as soon as you know you are pregnant and will advise you to take another medicine instead of Twynsta. Twynsta is not recommended in early pregnancy, and must not be taken when more than 3 months pregnant, as it may cause serious harm to your baby if used after the third month of pregnancy.

#### Breast-feeding

Amlodipine has been shown to pass into breast milk in small amounts.

Tell your doctor if you are breast-feeding or about to start breast-feeding. Twynsta is not recommended for mothers who are breast-feeding, and your doctor may choose another treatment for you if you wish to breast-feed, especially if your baby is newborn, or was born prematurely.

Ask your doctor or pharmacist for advice before taking any medicine.

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Some people may experience side effects such as fainting, sleepiness, dizziness or a feeling of spinning (vertigo) when they are treated for high blood pressure. If you experience these side effects, do not drive or use machines.

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This medicine contains 168.64 mg sorbitol in each tablet.

### 3. How to take Twynsta

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

The recommended dose is one tablet a day. Try to take the tablet at the same time each day. Remove your Twynsta tablet from the blister only directly prior to intake.

You can take Twynsta with or without food. The tablets should be swallowed with some water or other non-alcoholic drink.

If your liver is not working properly, the usual dose should not exceed one 40 mg/5 mg tablet or one 40 mg/10 mg tablet per day.

#### **If you take more Twynsta than you should**

If you accidentally take too many tablets, contact your doctor, pharmacist, or your nearest hospital emergency department immediately. You might experience low blood pressure and rapid heart beat. Slow heart beat, dizziness, reduced kidney function including kidney failure, marked and prolonged low blood pressure including shock and death have also been reported.

#### **If you forget to take Twynsta**

If you forget to take a dose, take it as soon as you remember and then carry on as before. If you do not take your tablet on one day, take your normal dose on the next day. **Do not** take a double dose to make up for forgotten individual doses.

#### **If you stop taking Twynsta**

It is important that you take Twynsta every day until your doctor tells you otherwise. If you have the impression that the effect of Twynsta is too strong or too weak, talk to your doctor or pharmacist.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

### 4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

#### **Some side effects can be serious and need immediate medical attention:**

You should see your doctor immediately if you experience any of the following symptoms:

Sepsis (often called "blood poisoning", is a severe infection of the whole-body with high fever and the feeling of being severely ill), rapid swelling of the skin and mucosa (angioedema); these side effects are rare (may affect up to 1 in 1,000 people) but are extremely serious and patients should stop taking the medicine and see their doctor immediately. If these effects are not treated they could be fatal. Increased incidence of sepsis has been observed with telmisartan only, however can not be ruled out for Twynsta.

#### Common side effects (may affect up to 1 in 10 people):

Dizziness, ankle swelling (oedema).

#### Uncommon side effects (may affect up to 1 in 100 people):

Sleepiness, migraine, headache, tingling or numbness of the hands or feet, feeling of spinning (vertigo), slow heart rate, palpitations (awareness of your heart beat), low blood pressure (hypotension), dizziness on standing up (orthostatic hypotension), flushing, cough, stomach ache (abdominal pain), diarrhoea, feeling sick (nausea), itching, joint pain, muscle cramps, muscle pain, inability to obtain an erection, weakness, chest pain, tiredness, swelling (oedema), increased levels of hepatic enzymes.

Rare side effects (may affect up to 1 in 1,000 people):

Urinary bladder infection, feeling sad (depression), feeling anxious, sleeplessness, fainting, nerve damage in the hands or feet, reduced sense of touch, taste abnormalities, trembling, vomiting, enlarged gums, discomfort in the abdomen, dry mouth, eczema (a skin disorder), redness of skin, rash, back pain, leg pain, urge to urinate during the night, feeling unwell (malaise), increased levels of uric acid in the blood.

Very rare side effect (may affect up to 1 in 10,000 people):

Progressive scarring of lung tissue (interstitial lung disease [mainly pneumonia of the interstitium and pneumonia with excess eosinophils])

The following side effects have been observed with the components telmisartan or amlodipine and may occur also with Twynsta:

Telmisartan

In patients taking telmisartan alone the following additional side effects have been reported:

Uncommon side effects (may affect up to 1 in 100 people):

Urinary tract infections, upper respiratory tract infections (e.g. sore throat, inflamed sinuses, common cold), deficiency in red blood cells (anaemia), high potassium levels in the blood, shortness of breath, bloating, increased sweating, kidney damage including sudden inability of the kidneys to work, increased levels of creatinine.

Rare side effects (may affect up to 1 in 1,000 people):

Increase in certain white blood cells (eosinophilia), low platelet count (thrombocytopenia), allergic reaction (e.g. rash, itching, difficulty of breathing, wheezing, swelling of the face or low blood pressure), low blood sugar levels (in diabetic patients), impaired vision, fast heart beat, upset stomach, abnormal liver function, hives (urticaria), medicine rash, inflammation of the tendons, flu-like illness (for example muscle pain, feeling generally unwell), decreased haemoglobin (a blood protein), increased levels of creatinine phosphokinase in the blood.

Most cases of abnormal liver function and liver disorder from post-marketing experience with telmisartan occurred in Japanese patients. Japanese patients are more likely to experience this side effect.

Amlodipine

In patients taking amlodipine alone the following additional side effects have been reported:

Uncommon side effects (may affect up to 1 in 100 people):

Mood changes, impaired vision, ringing in the ears, shortness of breath, sneezing/running nose, change of bowel habit, hair loss, unusual bruising and bleeding (red blood cell damage), skin discolouration, increased sweating, difficulty passing urine, increased need to pass urine especially at night, enlarging of male breasts, pain, weight increased, weight decreased.

Rare side effects (may affect up to 1 in 1,000 people):

Confusion.

Very rare side effects (may affect up to 1 in 10,000 people):

Reduced number of white blood cells (leucopenia), low platelet count (thrombocytopenia), allergic reaction (e.g. rash, itching, difficulty breathing, wheezing, swelling of the face or low blood pressure), excess sugar in blood, uncontrollable twitching or jerking movements, heart attack, irregular heart beat, inflammation of the blood vessels, inflamed pancreas, inflammation of the stomach lining (gastritis), inflammation of the liver, yellowing of the skin (jaundice), increased levels of hepatic enzymes with jaundice, rapid swelling of skin and mucosa (angioedema), severe skin reactions, hives (urticaria), severe allergic reactions with blistering eruptions of the skin and mucous membranes (exfoliative dermatitis, Stevens-Johnson-Syndrome), increased sensitivity of the skin to sun.



Not known: frequency cannot be estimated from the available data:

Severe allergic reactions with blistering eruptions of the skin and mucous membranes (toxic epidermal necrolysis).

### **Reporting of side effects**

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via [the national reporting system listed in Appendix V](#). By reporting side effects you can help provide more information on the safety of this medicine.

## **5. How to store Twynsta**

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the carton and blister after “EXP”. The expiry date refers to the last day of that month.

This medicine does not require any special temperature storage conditions. Store in the original package in order to protect from light and moisture. Remove your Twynsta tablet from the blister only directly prior to intake.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

## **6. Contents of the pack and other information**

### **What Twynsta contains**

- The active substances are telmisartan and amlodipine.  
Each tablet contains 40 mg telmisartan and 10 mg amlodipine (as amlodipine besylate).
- The other ingredients are colloidal anhydrous silica, brilliant blue FCF (E133), ferric oxide black (E172), ferric oxide yellow (E172), magnesium stearate, maize starch, meglumine, microcrystalline cellulose, povidone K25, pregelatinized starch prepared from maize starch, sodium hydroxide, sorbitol (E420).

### **What Twynsta looks like and contents of the pack**

Twynsta 40 mg/10 mg tablets are blue and white oval shaped two layer tablets engraved with the product code A2 and the company logo on the white layer.

Twynsta is available in a folding box containing 14, 28, 56, 98 tablets in aluminium/aluminium blisters or containing 30 x 1, 90 x 1, 360 (4 x 90 x 1) tablets in aluminium/aluminium perforated unit dose blisters.

Not all pack sizes may be marketed.

**Marketing Authorisation Holder**

Boehringer Ingelheim International GmbH  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

**Manufacturer**

Boehringer Ingelheim Pharma GmbH & Co. KG  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

Rottendorf Pharma GmbH  
Ostenfelder Straße 51 - 61  
D-59320 Ennigerloh  
Germany

For any information about this medicine, please contact the local representative of the Marketing Authorisation Holder.

**België/Belgique/Belgien**

SCS Boehringer Ingelheim Comm.V  
Tél/Tel: +32 2 773 33 11

**България**

Бьорингер Ингелхайм РЦВ ГмбХ и Ко КГ –  
клон България  
Тел: +359 2 958 79 98

**Česká republika**

Boehringer Ingelheim spol. S r.o.  
Tel: +420 234 655 111

**Danmark**

Boehringer Ingelheim Danmark A/S  
Tlf: +45 39 15 88 88

**Deutschland**

Boehringer Ingelheim Pharma GmbH & Co. KG  
Tel: +49 (0) 800 77 90 900

**Eesti**

Boehringer Ingelheim RCV GmbH & Co KG  
Eesti Filiaal  
Tel: +372 612 8000

**Ελλάδα**

Boehringer Ingelheim Ellas A.E.  
Τηλ: +30 2 10 89 06 300

**España**

Boehringer Ingelheim España, S.A.  
Tel: +34 93 404 51 00

**France**

Boehringer Ingelheim France S.A.S.  
Tél: +33 3 26 50 45 33

**Hrvatska**

Boehringer Ingelheim Zagreb d.o.o.  
Tel: +385 1 2444 600

**Ireland**

Boehringer Ingelheim Ireland Ltd.  
Tel: +353 1 295 9620

**Lietuva**

Boehringer Ingelheim RCV GmbH & Co KG  
Lietuvos filialas  
Tel.: +370 37 473922

**Luxembourg/Luxemburg**

SCS Boehringer Ingelheim Comm.V  
Tél/Tel: +32 2 773 33 11

**Magyarország**

Boehringer Ingelheim RCV GmbH & Co KG  
Magyarországi Fióktelepe  
Tel.: +36 1 299 89 00

**Malta**

Boehringer Ingelheim Ireland Ltd.  
Tel: +353 1 295 9620

**Nederland**

Boehringer Ingelheim b.v.  
Tel: +31 (0) 800 22 55 889

**Norge**

Boehringer Ingelheim Norway KS  
Tlf: +47 66 76 13 00

**Österreich**

Boehringer Ingelheim RCV GmbH & Co KG  
Tel: +43 1 80 105-0

**Polska**

Boehringer Ingelheim Sp.zo.o.  
Tel.: +48 22 699 0 699

**Portugal**

Boehringer Ingelheim, Unipessoal, Lda.  
Tel: +351 21 313 53 00

**România**

Boehringer Ingelheim RCV GmbH & Co KG  
Viena – Sucursala Bucuresti  
Tel: +40 21 302 2800

**Slovenija**

Boehringer Ingelheim RCV GmbH & Co KG  
Podružnica Ljubljana  
Tel: +386 1 586 40 00

**Ísland**

Vistor hf.  
Sími: +354 535 7000

**Italia**

Boehringer Ingelheim Italia S.p.A.  
Tel: +39 02 5355 1

**Κύπρος**

Boehringer Ingelheim Ellas A.E.  
Τηλ: +30 2 10 89 06 300

**Latvija**

Boehringer Ingelheim RCV GmbH & Co KG  
Latvijas filiāle  
Tel: +371 67 240 011

**Slovenská republika**

Boehringer Ingelheim RCV GmbH & Co KG  
organizačná zložka  
Tel: +421 2 5810 1211

**Suomi/Finland**

Boehringer Ingelheim Finland Ky  
Puh/Tel: +358 10 3102 800

**Sverige**

Boehringer Ingelheim AB  
Tel: +46 8 721 21 00

**United Kingdom**

Boehringer Ingelheim Ltd.  
Tel: +44 1344 424 600

**This leaflet was last revised in**

**Other sources of information**

Detailed information on this medicine is available on the European Medicines Agency web site:  
<http://www.ema.europa.eu/>.

**Package leaflet: Information for the user**  
**Twynsta 80 mg/5 mg tablets**  
Telmisartan/Amlodipine

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

**What is in this leaflet:**

1. What Twynsta is and what it is used for
2. What you need to know before you take Twynsta
3. How to take Twynsta
4. Possible side effects
5. How to store Twynsta
6. Contents of the pack and other information

**1. What Twynsta is and what it is used for**

Twynsta tablets contain two active substances called telmisartan and amlodipine. Both of these substances help to control your high blood pressure:

- Telmisartan belongs to a group of substances called “angiotensin-II receptor antagonists”. Angiotensin II is a substance produced in the body which causes blood vessels to narrow, thus increasing blood pressure. Telmisartan works by blocking the effect of angiotensin II.

- Amlodipine belongs to a group of substances called “calcium channel blockers”. Amlodipine stops calcium from moving into the blood vessel wall which stops the blood vessels from tightening.

This means that both of these active substances work together to help stop your blood vessels tightening. As a result, the blood vessels relax and blood pressure is lowered.

**Twynsta is used to treat high blood pressure**

- in adult patients whose blood pressure is not controlled enough with amlodipine alone.
- in adult patients who already receive telmisartan and amlodipine from separate tablets and who wish to take instead the same doses in one tablet for convenience.

High blood pressure, if not treated, can damage blood vessels in several organs, which puts patients at risk of serious events such as heart attack, heart or kidney failure, stroke, or blindness. There are usually no symptoms of high blood pressure before damage occurs. Thus it is important to regularly measure blood pressure to verify if it is within the normal range.

**2. What you need to know before you take Twynsta**

**Do not take Twynsta**

- if you are allergic to telmisartan or amlodipine or any of the other ingredients of this medicine (listed in section 6).
- if you are allergic to other medicines of the dihydropyridine type (one type of calcium channel blocker).
- if you are more than 3 months pregnant. (It is also better to avoid Twynsta in early pregnancy – see Pregnancy section.)

- if you have severe liver problems or biliary obstruction (problems with drainage of the bile from the liver and gall bladder).
- if you suffer from low heart output because of a serious heart problem.
- if you have diabetes or impaired kidney function and you are treated with a blood pressure lowering medicine containing aliskiren.

If any of the above applies to you, tell your doctor or pharmacist before taking Twynsta.

### **Warnings and precautions**

Talk to your doctor before taking Twynsta if you are suffering or have ever suffered from any of the following conditions or illnesses:

- Kidney disease or kidney transplant.
- Narrowing of the blood vessels to one or both kidneys (renal artery stenosis).
- Liver disease.
- Heart trouble.
- Raised aldosterone levels (which lead to water and salt retention in the body along with imbalance of various blood minerals).
- Low blood pressure (hypotension), likely to occur if you are dehydrated (excessive loss of body water) or have salt deficiency due to diuretic therapy ('water tablets'), low-salt diet, diarrhoea, or vomiting.
- Elevated potassium levels in your blood.
- Diabetes.
- Narrowing of the aorta (aortic stenosis).
- Heart-associated chest pain also at rest or with minimal effort (unstable angina pectoris).
- A heart attack within the last four weeks.

Talk to your doctor before taking Twynsta:

- if you are taking any of the following medicines used to treat high blood pressure:
  - an ACE-inhibitor (for example enalapril, lisinopril, ramipril), in particular if you have diabetes-related kidney problems.
  - aliskiren.
 Your doctor may check your kidney function, blood pressure, and the amount of electrolytes (e.g. potassium) in your blood at regular intervals. See also "Do not take Twynsta".
- if you are taking digoxin, a medicine used for the treatment of heart failure.

In case of surgery or anaesthesia, you should tell your doctor that you are taking Twynsta.

### **Children and adolescents**

Twynsta is not recommended in children and adolescents up to the age of 18 years.

### **Other medicines and Twynsta**

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. Your doctor may need to change the dose of these other medicines or take other precautions. In some cases you may have to stop taking one of the medicines. This applies especially to the medicines listed below taken at the same time with Twynsta:

- Lithium-containing medicines to treat some types of depression.
- Medicines that may increase blood potassium levels such as salt substitutes containing potassium, potassium-sparing diuretics (certain 'water tablets').
- Angiotensin II receptor antagonists.
- ACE-inhibitors or aliskiren (see also information under the headings "Do not take Twynsta" and "Warnings and precautions").

- NSAIDs (non steroidal anti-inflammatory medicines, e.g. acetylsalicylic acid or ibuprofen), heparin, immunosuppressives (e.g. cyclosporin or tacrolimus), and the antibiotic trimethoprim.
- Rifampicin, erythromycin, clarithromycin (antibiotics)
- St. John's wort.
- Medicines used for HIV/AIDS (e.g. ritonavir) or for treatment of fungal infections (e.g. ketoconazole).
- Diltiazem (cardiac medicine).
- Simvastatin to treat elevated levels of cholesterol.
- Digoxin.

As with other blood pressure lowering medicines, the effect of Twynsta may be reduced when you take NSAIDs (non steroidal anti-inflammatory medicines, e.g. acetylsalicylic acid or ibuprofen) or corticosteroids.

Twynsta may increase the blood pressure lowering effect of other medicines used to treat high blood pressure or of medicines with blood pressure lowering potential (e.g. baclofen, amifostine, neuroleptics or antidepressants).

### **Twynsta with food and drink**

Low blood pressure may be aggravated by alcohol. You may notice this as dizziness when standing up.

Grapefruit juice and grapefruit should not be consumed when you take Twynsta. This is because grapefruit and grapefruit juice may lead to increased blood levels of the active ingredient amlodipine in some patients and may increase the blood pressure lowering effect of Twynsta.

### **Pregnancy and breast-feeding**

#### Pregnancy

You must tell your doctor if you think you might be pregnant or are planning to have a baby. Your doctor will normally advise you to stop taking Twynsta before you become pregnant or as soon as you know you are pregnant and will advise you to take another medicine instead of Twynsta. Twynsta is not recommended in early pregnancy, and must not be taken when more than 3 months pregnant, as it may cause serious harm to your baby if used after the third month of pregnancy.

#### Breast-feeding

Amlodipine has been shown to pass into breast milk in small amounts.

Tell your doctor if you are breast-feeding or about to start breast-feeding. Twynsta is not recommended for mothers who are breast-feeding, and your doctor may choose another treatment for you if you wish to breast-feed, especially if your baby is newborn, or was born prematurely.

Ask your doctor or pharmacist for advice before taking any medicine.

### **Driving and using machines**

Some people may experience side effects such as fainting, sleepiness, dizziness or a feeling of spinning (vertigo) when they are treated for high blood pressure. If you experience these side effects, do not drive or use machines.

### **Twynsta contains sorbitol**

This medicine contains 337.28 mg sorbitol in each tablet.

Sorbitol is a source of fructose. If your doctor has told you that you have an intolerance to some sugars or if you have been diagnosed with hereditary fructose intolerance (HFI), a rare genetic disorder in which a person cannot break down fructose, talk to your doctor before you take or receive this medicine.

### 3. How to take Twynsta

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

The recommended dose is one tablet a day. Try to take the tablet at the same time each day. Remove your Twynsta tablet from the blister only directly prior to intake.

You can take Twynsta with or without food. The tablets should be swallowed with some water or other non-alcoholic drink.

If your liver is not working properly, the usual dose should not exceed one 40 mg/5 mg tablet or one 40 mg/10 mg tablet per day.

#### **If you take more Twynsta than you should**

If you accidentally take too many tablets, contact your doctor, pharmacist, or your nearest hospital emergency department immediately. You might experience low blood pressure and rapid heart beat. Slow heart beat, dizziness, reduced kidney function including kidney failure, marked and prolonged low blood pressure including shock and death have also been reported.

#### **If you forget to take Twynsta**

If you forget to take a dose, take it as soon as you remember and then carry on as before. If you do not take your tablet on one day, take your normal dose on the next day. **Do not** take a double dose to make up for forgotten individual doses.

#### **If you stop taking Twynsta**

It is important that you take Twynsta every day until your doctor tells you otherwise. If you have the impression that the effect of Twynsta is too strong or too weak, talk to your doctor or pharmacist.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

### 4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

#### **Some side effects can be serious and need immediate medical attention:**

You should see your doctor immediately if you experience any of the following symptoms:

Sepsis (often called "blood poisoning", is a severe infection of the whole-body with high fever and the feeling of being severely ill), rapid swelling of the skin and mucosa (angioedema); these side effects are rare (may affect up to 1 in 1,000 people) but are extremely serious and patients should stop taking the medicine and see their doctor immediately. If these effects are not treated they could be fatal. Increased incidence of sepsis has been observed with telmisartan only, however can not be ruled out for Twynsta.

#### Common side effects (may affect up to 1 in 10 people):

Dizziness, ankle swelling (oedema).

#### Uncommon side effects (may affect up to 1 in 100 people):

Sleepiness, migraine, headache, tingling or numbness of the hands or feet, feeling of spinning (vertigo), slow heart rate, palpitations (awareness of your heart beat), low blood pressure (hypotension), dizziness on standing up (orthostatic hypotension), flushing, cough, stomach ache (abdominal pain), diarrhoea, feeling sick (nausea), itching, joint pain, muscle cramps, muscle pain, inability to obtain an erection, weakness, chest pain, tiredness, swelling (oedema), increased levels of hepatic enzymes.



Rare side effects (may affect up to 1 in 1,000 people):

Urinary bladder infection, feeling sad (depression), feeling anxious, sleeplessness, fainting, nerve damage in the hands or feet, reduced sense of touch, taste abnormalities, trembling, vomiting, enlarged gums, discomfort in the abdomen, dry mouth, eczema (a skin disorder), redness of skin, rash, back pain, leg pain, urge to urinate during the night, feeling unwell (malaise), increased levels of uric acid in the blood.

Very rare side effect (may affect up to 1 in 10,000 people):

Progressive scarring of lung tissue (interstitial lung disease [mainly pneumonia of the interstitium and pneumonia with excess eosinophils])

The following side effects have been observed with the components telmisartan or amlodipine and may occur also with Twynsta:

Telmisartan

In patients taking telmisartan alone the following additional side effects have been reported:

Uncommon side effects (may affect up to 1 in 100 people):

Urinary tract infections, upper respiratory tract infections (e.g. sore throat, inflamed sinuses, common cold), deficiency in red blood cells (anaemia), high potassium levels in the blood, shortness of breath, bloating, increased sweating, kidney damage including sudden inability of the kidneys to work, increased levels of creatinine.

Rare side effects (may affect up to 1 in 1,000 people):

Increase in certain white blood cells (eosinophilia), low platelet count (thrombocytopenia), allergic reaction (e.g. rash, itching, difficulty of breathing, wheezing, swelling of the face or low blood pressure), low blood sugar levels (in diabetic patients), impaired vision, fast heart beat, upset stomach, abnormal liver function, hives (urticaria), medicine rash, inflammation of the tendons, flu-like illness (for example muscle pain, feeling generally unwell), decreased haemoglobin (a blood protein), increased levels of creatinine phosphokinase in the blood.

Most cases of abnormal liver function and liver disorder from post-marketing experience with telmisartan occurred in Japanese patients. Japanese patients are more likely to experience this side effect.

Amlodipine

In patients taking amlodipine alone the following additional side effects have been reported:

Uncommon side effects (may affect up to 1 in 100 people):

Mood changes, impaired vision, ringing in the ears, shortness of breath, sneezing/running nose, change of bowel habit, hair loss, unusual bruising and bleeding (red blood cell damage), skin discolouration, increased sweating, difficulty passing urine, increased need to pass urine especially at night, enlarging of male breasts, pain, weight increased, weight decreased.

Rare side effects (may affect up to 1 in 1,000 people):

Confusion.

Very rare side effects (may affect up to 1 in 10,000 people):

Reduced number of white blood cells (leucopenia), low platelet count (thrombocytopenia), allergic reaction (e.g. rash, itching, difficulty breathing, wheezing, swelling of the face or low blood pressure), excess sugar in blood, uncontrollable twitching or jerking movements, heart attack, irregular heart beat, inflammation of the blood vessels, inflamed pancreas, inflammation of the stomach lining (gastritis), inflammation of the liver, yellowing of the skin (jaundice), increased levels of hepatic enzymes with jaundice, rapid swelling of skin and mucosa (angioedema), severe skin reactions, hives (urticaria), severe allergic reactions with blistering eruptions of the skin and mucous membranes (exfoliative dermatitis, Stevens-Johnson-Syndrome), increased sensitivity of the skin to sun.

Not known: frequency cannot be estimated from the available data:

Severe allergic reactions with blistering eruptions of the skin and mucous membranes (toxic epidermal necrolysis).

### **Reporting of side effects**

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via [the national reporting system listed in Appendix V](#). By reporting side effects you can help provide more information on the safety of this medicine.

## **5. How to store Twynsta**

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the carton and blister after “EXP”. The expiry date refers to the last day of that month.

This medicine does not require any special temperature storage conditions. Store in the original package in order to protect from light and moisture. Remove your Twynsta tablet from the blister only directly prior to intake.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

## **6. Contents of the pack and other information**

### **What Twynsta contains**

- The active substances are telmisartan and amlodipine.  
Each tablet contains 80 mg telmisartan and 5 mg amlodipine (as amlodipine besylate).
- The other ingredients are colloidal anhydrous silica, brilliant blue FCF (E133), ferric oxide black (E172), ferric oxide yellow (E172), magnesium stearate, maize starch, meglumine, microcrystalline cellulose, povidone K25, pregelatinized starch prepared from maize starch, sodium hydroxide, sorbitol (E420).

### **What Twynsta looks like and contents of the pack**

Twynsta 80 mg/5 mg tablets are blue and white oval shaped two layer tablets engraved with the product code A3 and the company logo on the white layer.

Twynsta is available in a folding box containing 14, 28, 56, 98 tablets in aluminium/aluminium blisters or containing 30 x 1, 90 x 1, 360 (4 x 90 x 1) tablets in aluminium/aluminium perforated unit dose blisters.

Not all pack sizes may be marketed.

**Marketing Authorisation Holder**

Boehringer Ingelheim International GmbH  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

**Manufacturer**

Boehringer Ingelheim Pharma GmbH & Co. KG  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

Rottendorf Pharma GmbH  
Ostenfelder Straße 51 - 61  
D-59320 Ennigerloh  
Germany

For any information about this medicine, please contact the local representative of the Marketing Authorisation Holder.

**België/Belgique/Belgien**

SCS Boehringer Ingelheim Comm.V  
Tél/Tel: +32 2 773 33 11

**България**

Бьорингер Ингелхайм РЦВ ГмбХ и Ко КГ -  
клон България  
Тел: +359 2 958 79 98

**Česká republika**

Boehringer Ingelheim spol. s r.o.  
Tel: +420 234 655 111

**Danmark**

Boehringer Ingelheim Danmark A/S  
Tlf: +45 39 15 88 88

**Deutschland**

Boehringer Ingelheim Pharma GmbH & Co. KG  
Tel: +49 (0) 800 77 90 900

**Eesti**

Boehringer Ingelheim RCV GmbH & Co KG  
Eesti Filiaal  
Tel: +372 612 8000

**Ελλάδα**

Boehringer Ingelheim Ellas A.E.  
Τηλ: +30 2 10 89 06 300

**España**

Boehringer Ingelheim España, S.A.  
Tel: +34 93 404 51 00

**France**

Boehringer Ingelheim France S.A.S.  
Tél: +33 3 26 50 45 33

**Hrvatska**

Boehringer Ingelheim Zagreb d.o.o.  
Tel: +385 1 2444 600

**Ireland**

Boehringer Ingelheim Ireland Ltd.  
Tel: +353 1 295 9620

**Lietuva**

Boehringer Ingelheim RCV GmbH & Co KG  
Lietuvos filialas  
Tel.: +370 37 473922

**Luxembourg/Luxemburg**

SCS Boehringer Ingelheim Comm.V  
Tél/Tel: +32 2 773 33 11

**Magyarország**

Boehringer Ingelheim RCV GmbH & Co KG  
Magyarországi Fióktelepe  
Tel.: +36 1 299 89 00

**Malta**

Boehringer Ingelheim Ireland Ltd.  
Tel: +353 1 295 9620

**Nederland**

Boehringer Ingelheim b.v.  
Tel: +31 (0) 800 22 55 889

**Norge**

Boehringer Ingelheim Norway KS  
Tlf: +47 66 76 13 00

**Österreich**

Boehringer Ingelheim RCV GmbH & Co KG  
Tel: +43 1 80 105-0

**Polska**

Boehringer Ingelheim Sp.zo.o.  
Tel.: +48 22 699 0 699

**Portugal**

Boehringer Ingelheim, Unipessoal, Lda.  
Tel: +351 21 313 53 00

**România**

Boehringer Ingelheim RCV GmbH & Co KG  
Viena - Sucursala Bucuresti  
Tel: +40 21 302 2800

**Slovenija**

Boehringer Ingelheim RCV GmbH & Co KG  
Podružnica Ljubljana  
Tel: +386 1 586 40 00

**Ísland**

Vistor hf.  
Sími: +354 535 7000

**Italia**

Boehringer Ingelheim Italia S.p.A.  
Tel: +39 02 5355 1

**Κύπρος**

Boehringer Ingelheim Ellas A.E.  
Τηλ: +30 2 10 89 06 300

**Latvija**

Boehringer Ingelheim RCV GmbH & Co KG  
Latvijas filiāle  
Tel: +371 67 240 011

**Slovenská republika**

Boehringer Ingelheim RCV GmbH & Co KG  
organizačná zložka  
Tel: +421 2 5810 1211

**Suomi/Finland**

Boehringer Ingelheim Finland Ky  
Puh/Tel: +358 10 3102 800

**Sverige**

Boehringer Ingelheim AB  
Tel: +46 8 721 21 00

**United Kingdom**

Boehringer Ingelheim Ltd.  
Tel: +44 1344 424 600

**This leaflet was last revised in**

**Other sources of information**

Detailed information on this medicine is available on the European Medicines Agency web site:  
<http://www.ema.europa.eu/>.

**Package leaflet: Information for the user**  
**Twynsta 80 mg/10 mg tablets**  
Telmisartan/Amlodipine

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

**What is in this leaflet:**

1. What Twynsta is and what it is used for
2. What you need to know before you take Twynsta
3. How to take Twynsta
4. Possible side effects
5. How to store Twynsta
6. Contents of the pack and other information

**1. What Twynsta is and what it is used for**

Twynsta tablets contain two active substances called telmisartan and amlodipine. Both of these substances help to control your high blood pressure:

- Telmisartan belongs to a group of substances called “angiotensin-II receptor antagonists”. Angiotensin II is a substance produced in the body which causes blood vessels to narrow, thus increasing blood pressure. Telmisartan works by blocking the effect of angiotensin II.

- Amlodipine belongs to a group of substances called “calcium channel blockers”. Amlodipine stops calcium from moving into the blood vessel wall which stops the blood vessels from tightening.

This means that both of these active substances work together to help stop your blood vessels tightening. As a result, the blood vessels relax and blood pressure is lowered.

**Twynsta is used to treat high blood pressure**

- in adult patients whose blood pressure is not controlled enough with amlodipine alone.
- in adult patients who already receive telmisartan and amlodipine from separate tablets and who wish to take instead the same doses in one tablet for convenience.

High blood pressure, if not treated, can damage blood vessels in several organs, which puts patients at risk of serious events such as heart attack, heart or kidney failure, stroke, or blindness. There are usually no symptoms of high blood pressure before damage occurs. Thus it is important to regularly measure blood pressure to verify if it is within the normal range.

**2. What you need to know before you take Twynsta**

**Do not take Twynsta**

- if you are allergic to telmisartan or amlodipine or any of the other ingredients of this medicine (listed in section 6).
- if you are allergic to other medicines of the dihydropyridine type (one type of calcium channel blocker).
- if you are more than 3 months pregnant. (It is also better to avoid Twynsta in early pregnancy – see Pregnancy section.)

- if you have severe liver problems or biliary obstruction (problems with drainage of the bile from the liver and gall bladder).
- if you suffer from low heart output because of a serious heart problem.
- if you have diabetes or impaired kidney function and you are treated with a blood pressure lowering medicine containing aliskiren.

If any of the above applies to you, tell your doctor or pharmacist before taking Twynsta.

### **Warnings and precautions**

Talk to your doctor before taking Twynsta if you are suffering or have ever suffered from any of the following conditions or illnesses:

- Kidney disease or kidney transplant.
- Narrowing of the blood vessels to one or both kidneys (renal artery stenosis).
- Liver disease.
- Heart trouble.
- Raised aldosterone levels (which lead to water and salt retention in the body along with imbalance of various blood minerals).
- Low blood pressure (hypotension), likely to occur if you are dehydrated (excessive loss of body water) or have salt deficiency due to diuretic therapy ('water tablets'), low-salt diet, diarrhoea, or vomiting.
- Elevated potassium levels in your blood.
- Diabetes.
- Narrowing of the aorta (aortic stenosis).
- Heart-associated chest pain also at rest or with minimal effort (unstable angina pectoris).
- A heart attack within the last four weeks.

Talk to your doctor before taking Twynsta:

- if you are taking any of the following medicines used to treat high blood pressure:
  - an ACE-inhibitor (for example enalapril, lisinopril, ramipril), in particular if you have diabetes-related kidney problems.
  - aliskiren.
 Your doctor may check your kidney function, blood pressure, and the amount of electrolytes (e.g. potassium) in your blood at regular intervals. See also "Do not take Twynsta".
- if you are taking digoxin, a medicine used for the treatment of heart failure.

In case of surgery or anaesthesia, you should tell your doctor that you are taking Twynsta.

### **Children and adolescents**

Twynsta is not recommended in children and adolescents up to the age of 18 years.

### **Other medicines and Twynsta**

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. Your doctor may need to change the dose of these other medicines or take other precautions. In some cases you may have to stop taking one of the medicines. This applies especially to the medicines listed below taken at the same time with Twynsta:

- Lithium-containing medicines to treat some types of depression.
- Medicines that may increase blood potassium levels such as salt substitutes containing potassium, potassium-sparing diuretics (certain 'water tablets').
- Angiotensin II receptor antagonists.
- ACE-inhibitors or aliskiren (see also information under the headings "Do not take Twynsta" and "Warnings and precautions").

- NSAIDs (non steroidal anti-inflammatory medicines, e.g. acetylsalicylic acid or ibuprofen), heparin, immunosuppressives (e.g. cyclosporin or tacrolimus), and the antibiotic trimethoprim.
- Rifampicin, erythromycin, clarithromycin (antibiotics).
- St. John's wort.
- Medicines used for HIV/AIDS (e.g. ritonavir) or for treatment of fungal infections (e.g. ketoconazole).
- Diltiazem (cardiac medicine).
- Simvastatin to treat elevated levels of cholesterol.
- Digoxin.

As with other blood pressure lowering medicines, the effect of Twynsta may be reduced when you take NSAIDs (non steroidal anti-inflammatory medicines, e.g. acetylsalicylic acid or ibuprofen) or corticosteroids.

Twynsta may increase the blood pressure lowering effect of other medicines used to treat high blood pressure or of medicines with blood pressure lowering potential (e.g. baclofen, amifostine, neuroleptics or antidepressants).

### **Twynsta with food and drink**

Low blood pressure may be aggravated by alcohol. You may notice this as dizziness when standing up.

Grapefruit juice and grapefruit should not be consumed when you take Twynsta. This is because grapefruit and grapefruit juice may lead to increased blood levels of the active ingredient amlodipine in some patients and may increase the blood pressure lowering effect of Twynsta.

### **Pregnancy and breast-feeding**

#### Pregnancy

You must tell your doctor if you think you might be pregnant or are planning to have a baby. Your doctor will normally advise you to stop taking Twynsta before you become pregnant or as soon as you know you are pregnant and will advise you to take another medicine instead of Twynsta. Twynsta is not recommended in early pregnancy, and must not be taken when more than 3 months pregnant, as it may cause serious harm to your baby if used after the third month of pregnancy.

#### Breast-feeding

Amlodipine has been shown to pass into breast milk in small amounts.

Tell your doctor if you are breast-feeding or about to start breast-feeding. Twynsta is not recommended for mothers who are breast-feeding, and your doctor may choose another treatment for you if you wish to breast-feed, especially if your baby is newborn, or was born prematurely.

Ask your doctor or pharmacist for advice before taking any medicine.

### **Driving and using machines**

Some people may experience side effects such as fainting, sleepiness, dizziness or a feeling of spinning (vertigo) when they are treated for high blood pressure. If you experience these side effects, do not drive or use machines.

### **Twynsta contains sorbitol**

This medicine contains 337.28 mg sorbitol in each tablet.

Sorbitol is a source of fructose. If your doctor has told you that you have an intolerance to some sugars or if you have been diagnosed with hereditary fructose intolerance (HFI), a rare genetic disorder in which a person cannot break down fructose, talk to your doctor before you take or receive this medicine.



### 3. How to take Twynsta

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

The recommended dose is one tablet a day. Try to take the tablet at the same time each day. Remove your Twynsta tablet from the blister only directly prior to intake.

You can take Twynsta with or without food. The tablets should be swallowed with some water or other non-alcoholic drink.

If your liver is not working properly, the usual dose should not exceed one 40 mg/5 mg tablet or one 40 mg/10 mg tablet per day.

#### **If you take more Twynsta than you should**

If you accidentally take too many tablets, contact your doctor, pharmacist, or your nearest hospital emergency department immediately. You might experience low blood pressure and rapid heart beat. Slow heart beat, dizziness, reduced kidney function including kidney failure, marked and prolonged low blood pressure including shock and death have also been reported.

#### **If you forget to take Twynsta**

If you forget to take a dose, take it as soon as you remember and then carry on as before. If you do not take your tablet on one day, take your normal dose on the next day. **Do not** take a double dose to make up for forgotten individual doses.

#### **If you stop taking Twynsta**

It is important that you take Twynsta every day until your doctor tells you otherwise. If you have the impression that the effect of Twynsta is too strong or too weak, talk to your doctor or pharmacist.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

### 4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

#### **Some side effects can be serious and need immediate medical attention:**

You should see your doctor immediately if you experience any of the following symptoms:

Sepsis (often called "blood poisoning", is a severe infection of the whole-body with high fever and the feeling of being severely ill), rapid swelling of the skin and mucosa (angioedema); these side effects are rare (may affect up to 1 in 1,000 people) but are extremely serious and patients should stop taking the medicine and see their doctor immediately. If these effects are not treated they could be fatal. Increased incidence of sepsis has been observed with telmisartan only, however can not be ruled out for Twynsta.

#### Common side effects (may affect up to 1 in 10 people):

Dizziness, ankle swelling (oedema).

#### Uncommon side effects (may affect up to 1 in 100 people):

Sleepiness, migraine, headache, tingling or numbness of the hands or feet, feeling of spinning (vertigo), slow heart rate, palpitations (awareness of your heart beat), low blood pressure (hypotension), dizziness on standing up (orthostatic hypotension), flushing, cough, stomach ache (abdominal pain), diarrhoea, feeling sick (nausea), itching, joint pain, muscle cramps, muscle pain, inability to obtain an erection, weakness, chest pain, tiredness, swelling (oedema), increased levels of hepatic enzymes.

Rare side effects (may affect up to 1 in 1,000 people):

Urinary bladder infection, feeling sad (depression), feeling anxious, sleeplessness, fainting, nerve damage in the hands or feet, reduced sense of touch, taste abnormalities, trembling, vomiting, enlarged gums, discomfort in the abdomen, dry mouth, eczema (a skin disorder), redness of skin, rash, back pain, leg pain, urge to urinate during the night, feeling unwell (malaise), increased levels of uric acid in the blood.

Very rare side effect (may affect up to 1 in 10,000 people):

Progressive scarring of lung tissue (interstitial lung disease [mainly pneumonia of the interstitium and pneumonia with excess eosinophils])

The following side effects have been observed with the components telmisartan or amlodipine and may occur also with Twynsta:

*Telmisartan*

In patients taking telmisartan alone the following additional side effects have been reported:

Uncommon side effects (may affect up to 1 in 100 people):

Urinary tract infections, upper respiratory tract infections (e.g. sore throat, inflamed sinuses, common cold), deficiency in red blood cells (anaemia), high potassium levels in the blood, shortness of breath, bloating, increased sweating, kidney damage including sudden inability of the kidneys to work, increased levels of creatinine.

Rare side effects (may affect up to 1 in 1,000 people):

Increase in certain white blood cells (eosinophilia), low platelet count (thrombocytopenia), allergic reaction (e.g. rash, itching, difficulty of breathing, wheezing, swelling of the face or low blood pressure), low blood sugar levels (in diabetic patients), impaired vision, fast heart beat, upset stomach, abnormal liver function, hives (urticaria), medicine rash, inflammation of the tendons, flu-like illness (for example muscle pain, feeling generally unwell), decreased haemoglobin (a blood protein), increased levels of creatinine phosphokinase in the blood.

Most cases of abnormal liver function and liver disorder from post-marketing experience with telmisartan occurred in Japanese patients. Japanese patients are more likely to experience this side effect.

*Amlodipine*

In patients taking amlodipine alone the following additional side effects have been reported:

Uncommon side effects (may affect up to 1 in 100 people):

Mood changes, impaired vision, ringing in the ears, shortness of breath, sneezing/running nose, change of bowel habit, hair loss, unusual bruising and bleeding (red blood cell damage), skin discolouration, increased sweating, difficulty passing urine, increased need to pass urine especially at night, enlarging of male breasts, pain, weight increased, weight decreased.

Rare side effects are (may affect up to 1 in 1,000 people):

Confusion.

Very rare side effects (may affect up to 1 in 10,000 people):

Reduced number of white blood cells (leucopenia), low platelet count (thrombocytopenia), allergic reaction (e.g. rash, itching, difficulty breathing, wheezing, swelling of the face or low blood pressure), excess sugar in blood, uncontrollable twitching or jerking movements, heart attack, irregular heart beat, inflammation of the blood vessels, inflamed pancreas, inflammation of the stomach lining (gastritis), inflammation of the liver, yellowing of the skin (jaundice), increased levels of hepatic enzymes with jaundice, rapid swelling of skin and mucosa (angioedema), severe skin reactions, hives (urticaria), severe allergic reactions with blistering eruptions of the skin and mucous membranes (exfoliative dermatitis, Stevens-Johnson-Syndrome), increased sensitivity of the skin to sun.

Not known: frequency cannot be estimated from the available data:

Severe allergic reactions with blistering eruptions of the skin and mucous membranes (toxic epidermal necrolysis).

### **Reporting of side effects**

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the national reporting system listed in [Appendix V](#). By reporting side effects you can help provide more information on the safety of this medicine.

## **5. How to store Twynsta**

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the carton and blister after “EXP”. The expiry date refers to the last day of that month.

This medicine does not require any special temperature storage conditions. Store in the original package in order to protect from light and moisture. Remove your Twynsta tablet from the blister only directly prior to intake.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

## **6. Contents of the pack and other information**

### **What Twynsta contains**

- The active substances are telmisartan and amlodipine.  
Each tablet contains 80 mg telmisartan and 10 mg amlodipine (as amlodipine besylate).
- The other ingredients are colloidal anhydrous silica, brilliant blue FCF (E133), ferric oxide black (E172), ferric oxide yellow (E172), magnesium stearate, maize starch, meglumine, microcrystalline cellulose, povidone K25, pregelatinized starch prepared from maize starch, sodium hydroxide, sorbitol (E420).

### **What Twynsta looks like and contents of the pack**

Twynsta 80 mg/10 mg tablets are blue and white oval shaped two layer tablets engraved with the product code A4 and the company logo on the white layer.

Twynsta is available in a folding box containing 14, 28, 56, 98 tablets in aluminium/aluminium blisters or containing 30 x 1, 90 x 1, 360 (4 x 90 x 1) tablets in aluminium/aluminium perforated unit dose blisters.

Not all pack sizes may be marketed.

**Marketing Authorisation Holder**

Boehringer Ingelheim International GmbH  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

**Manufacturer**

Boehringer Ingelheim Pharma GmbH & Co. KG  
Binger Str. 173  
D-55216 Ingelheim am Rhein  
Germany

Rottendorf Pharma GmbH  
Ostenfelder Straße 51 - 61  
D-59320 Ennigerloh  
Germany

For any information about this medicine, please contact the local representative of the Marketing Authorisation Holder.

**België/Belgique/Belgien**

SCS Boehringer Ingelheim Comm.V  
Tél/Tel: +32 2 773 33 11

**България**

Бьорингер Ингелхайм РЦВ ГмбХ и Ко КГ -  
клон България  
Тел: +359 2 958 79 98

**Česká republika**

Boehringer Ingelheim spol. s r.o.  
Tel: +420 234 655 111

**Danmark**

Boehringer Ingelheim Danmark A/S  
Tlf: +45 39 15 88 88

**Deutschland**

Boehringer Ingelheim Pharma GmbH & Co. KG  
Tel: +49 (0) 800 77 90 900

**Eesti**

Boehringer Ingelheim RCV GmbH & Co KG  
Eesti Filiaal  
Tel: +372 612 8000

**Ελλάδα**

Boehringer Ingelheim Ellas A.E.  
Τηλ: +30 2 10 89 06 300

**España**

Boehringer Ingelheim España, S.A.  
Tel: +34 93 404 51 00

**France**

Boehringer Ingelheim France S.A.S.  
Tél: +33 3 26 50 45 33

**Hrvatska**

Boehringer Ingelheim Zagreb d.o.o.  
Tel: +385 1 2444 600

**Ireland**

Boehringer Ingelheim Ireland Ltd.  
Tel: +353 1 295 9620

**Lietuva**

Boehringer Ingelheim RCV GmbH & Co KG  
Lietuvos filialas  
Tel.: +370 37 473922

**Luxembourg/Luxemburg**

SCS Boehringer Ingelheim Comm.V  
Tél/Tel: +32 2 773 33 11

**Magyarország**

Boehringer Ingelheim RCV GmbH & Co KG  
Magyarországi Fióktelepe  
Tel.: +36 1 299 89 00

**Malta**

Boehringer Ingelheim Ireland Ltd.  
Tel: +353 1 295 9620

**Nederland**

Boehringer Ingelheim b.v.  
Tel: +31 (0) 800 22 55 889

**Norge**

Boehringer Ingelheim Norway KS  
Tlf: +47 66 76 13 00

**Österreich**

Boehringer Ingelheim RCV GmbH & Co KG  
Tel: +43 1 80 105-0

**Polska**

Boehringer Ingelheim Sp.zo.o.  
Tel.: +48 22 699 0 699

**Portugal**

Boehringer Ingelheim, Unipessoal, Lda.  
Tel: +351 21 313 53 00

**România**

Boehringer Ingelheim RCV GmbH & Co KG  
Viena - Sucursala Bucuresti  
Tel: +40 21 302 2800

**Slovenija**

Boehringer Ingelheim RCV GmbH & Co KG  
Podružnica Ljubljana  
Tel: +386 1 586 40 00

**Ísland**

Vistor hf.  
Sími: +354 535 7000

**Italia**

Boehringer Ingelheim Italia S.p.A.  
Tel: +39 02 5355 1

**Κύπρος**

Boehringer Ingelheim Ellas A.E.  
Τηλ: +30 2 10 89 06 300

**Latvija**

Boehringer Ingelheim RCV GmbH & Co KG  
Latvijas filiāle  
Tel: +371 67 240 011

**Slovenská republika**

Boehringer Ingelheim RCV GmbH & Co KG  
organizačná zložka  
Tel: +421 2 5810 1211

**Suomi/Finland**

Boehringer Ingelheim Finland Ky  
Puh/Tel: +358 10 3102 800

**Sverige**

Boehringer Ingelheim AB  
Tel: +46 8 721 21 00

**United Kingdom**

Boehringer Ingelheim Ltd.  
Tel: +44 1344 424 600

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