



## **Tablets in Capsule as Strategy to Improve Adherence in Patients Cardiovascular Disease**

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### **Authors' contributions**

*This work was carried out in collaboration among all authors. Author MAP managed the analyses of the study, arranged the literature searches, and wrote the manuscript. Author FR. Designed the study, managed the literature searches, and performed the experimental analysis. Author GT. Designed the study, wrote the protocol, and managed the analyses of the study. All authors read and approved the final manuscript.*

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### **ABSTRACT**

**Aims:** The main objective of this work has been the development of delayed-release hard capsule containing mini-tablets of two-platelet antiaggregant, acetylsalicylic acid and clopidogrel, for the treatment of patients suffering from acute coronary syndrome at risk of gastrointestinal bleeding, therefore jointly is administered an inhibitor of gastric acid secretion, the ranitidine.

**Study Design:** Design of mini-tablets into a capsule for the treatment of acute coronary syndrome.

**Methodology:** For the galenic preparation of the three mini-tablets, an in-depth study of the choice of excipients and the most appropriate manufacturing methodology was carried out. Once the suitability of the mixture for use in direct compression was determined, which is the selected technological method, as it is the most profitable and involves less time, the mini-tablets were prepared and their physical characterization. Tablet appearance and physical characteristics such as dimensions, thickness, mass, resistance to crushing, friability, disintegration time and content uniformity met the requirements established according to pharmacopoeia to ensure the quality of the tablets.

**Results:** The final formulation consists of the grouping of mini-tablets of three drugs in a delayed-release hard capsule ("tablets-in-capsule") for the treatment of patients suffering from acute

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coronary syndrome at risk of gastrointestinal bleeding. All tablets show resistance to crushing, disintegration, and friability features that strictly meet pharmacopoeia requirements.

**Conclusion:** Adherence to treatment is increased because the concomitant administration of three active ingredients is unified in a single pharmaceutical dosage form.

*Keywords: Acute coronary syndrome; acetylsalicylic acid; clopidogrel besylate; ranitidine HCl; mini-tablets in capsule; direct compression; adherence to treatment.*

## 1. INTRODUCTION

Cardiovascular disease is a major cause of disability and premature death throughout the world and contributes substantially to the escalating costs of health care. The underlying pathology is atherosclerosis, which develops over many years and is usually advanced by the time symptoms occur, generally in middle age. Acute coronary and cerebrovascular events frequently occur suddenly and are often fatal before medical care can be given (World Health Organization, 2021). Acute coronary syndrome (ACS) is caused by an acute complete or incomplete thrombosis resulting from a vascular, cellular, and plasmatic response to atherosclerotic plaque rupture or erosion [1]. The benefit of dual antiplatelet therapy (DAPT) in patients presenting with ACS is both clinically important and unequivocal. The latest clinical practice guidelines agree on the usefulness of DAPT both as part of the treatment of ACS and as a measure to prevent recurrence [2-5]. DAPT comprising acetylsalicylic acid (aspirin) plus a platelet ADP P2Y<sub>12</sub> receptor inhibitor (clopidogrel, prasugrel or ticagrelor) is key in avoiding thrombosis following balloon angioplasty, or angioplasty with stent implantation. The main risk of DAPT is gastrointestinal bleeding, thus concomitant administration of an inhibitor of gastric acid production is frequently prescribed [6]. Clopidogrel is a platelet aggregation inhibitor that selectively represses the binding of adenosine diphosphate (ADP) to its platelet receptor P2Y<sub>12</sub> and suppresses secondary ADP-mediated activation of the GPIIb/IIIa glycoprotein complex [7]. As explained, antihypertensive drugs combined with aspirin are often applied for the secondary prevention of ischemic stroke and hypertension, aspirin is a non-selective and irreversible inhibitor of cyclooxygenase (COX) and prevents the production of thromboxane A<sub>2</sub> (TXA<sub>2</sub>) in platelets by acetylating a serine residue of the COX-1 isoform [8]. Finally, a non-imidazole blocker of the histamine receptors that mediate gastric secretion (H<sub>2</sub> receptors) was used in the preparation of three active

ingredients in a single dosage form, as explained, to prevent lesions in the gastroduodenal mucosa Zhang et al. [9].

Single unit formulations can contain the drug(s) within the single tablet or capsule or comprise several discrete dosage units such as beads, granules, ion exchange resin-particles, powders, mini-tablets (diameter equal to or smaller than 2-3 mm) or even multiple small standard tablets [10,11]. These dosage units can be filled into capsules directly or after film coating [12]. Manufacturing methods of mini-tablets are like traditional sized tablets, being occasionally more challenging in terms of weight control, content uniformity and measurement of physico-mechanical attributes (i.e., tensile strength, friability, disintegration time and solid fraction) [13,14], producing by direct compression or an intermediate high shear granulation step [15]. Filling standard tablets into hard capsules may offer some advantages over other smaller dosage units such as achieving higher doses within the same footprint [16]. Small standard tablets and mini-tablets can be formulated and designed independently. Encapsulated small standard tablets, mini-tablets, or their combination, provide the formulator the chance to combine different incompatible API (active pharmaceutical ingredients) and/or customize the release site of the drug. As a result, the therapeutic outcome is improved, and patient adherence is enhanced.

The small standard tablets present several advantages over mini-tablets and beads as related in the following:

- Follow standard manufacturing; special equipment/tooling is not required.
- They offer consistent dimensions and smooth surface for subsequent coating or filling steps.
- The drug loading capacity is higher than mini-tablets and beads.
- Coating process is less challenging compared to mini-tablets or beads.

Moreover, less coating material is required due to the smaller surface area.

Nowadays, fixed-dose combinations (FDC) polypills are available with differing active components. They involve a better adherence to medications, simplification of treatment strategies and a reduction of economic burden of pharmacological treatments [17,18]. The concept of the polypill is quite simple, instead of taking two or more pills (each containing one drug); multiple drugs are combined into one formulation.

The primary objective of this study was to develop an alternative hard capsule formulation comprising a fixed dose combination of small standard tablets for the secondary prevention of atherothrombotic events in adult patients with risk of gastrointestinal bleeding. For this, was developed a delayed-release hard capsules containing mini-tablets of two platelet antiaggregant, acetylsalicylic acid and clopidogrel, and jointly, an inhibitor of gastric acid secretion, like the antihistamine H<sub>2</sub>, ranitidine.

## 2. MATERIALS AND METHODS

### 2.1 Materials

Acetylsalicylic acid, clopidogrel besylate and ranitidine clorhydrate form II were purchased from Zydus Cadila Healthcare Ltd, Cofares and Laboratories Liconsa S.A, respectively. Fig. 1 shows the molecular structures of these drugs.

Microcrystalline cellulose (Vivapur® 101, 102 & 12, JRS Pharma, Germany), Mannitol (Pearlitol® 200 SD, Roquette, France), L-HPC (LH-11 Shin-Etsu Chemical Co, Ltd), Partially pregelatinized maize starch (Starch 1500®, Colorcon U.S.A), Croscarmellose sodium (Vivasol® JRS Pharma, Germany), Hyprollose (HPC SSL-SFP, Nippon Soda Co., Ltd, Japan), Talc (Laboratories Guinama, Spain), Stearic acid (Ligamed® SA-1-V, Peter Greven GmbH & Co.KG, Germany), Magnesium stearate (Ligamed® MF-2-V, Peter Greven GmbH & Co.KG, Germany), Glycerol dibehenate (Compritol® 888 ATO Gattefossé, Germany), were the excipients used.

### 2.2 High-performance Liquid Chromatography (HPLC) Analysis

Assay of API were determined using a validated HPLC method. The conditions are described in Table 1.

## 2.3 Formulations

One acetylsalicylic acid mini-tablet was required to obtain the therapeutic dose needed in the treatment of ACS patients, (100 mg acetylsalicylic acid), two clopidogrel mini-tablets (75 mg clopidogrel as besylate), and two ranitidine mini-tablets (150 mg ranitidine as hydrochloride). Formula is presented in Table 2 and Fig. 2. The pharmacological development of the polypill has been achieved thanks to the combination of different active ingredients in an only capsule that avoids physical-chemical incompatibilities and maintains the biopharmaceutical and pharmacokinetic properties of each of its components.

### 2.3.1 Preparation of the small standard tablets

The APIs were deagglomerated through a 1.0 mm manual sieve, then blended manually with the rest of the excipients (previously sieved through a 0.8 mm). Lubricant was passed through a 0.5 mm manual sieve, then added to the pre-lubricated and blended manually for 2 min. The tablet blends were compressed using a single station compression press (J. Bonals 40B type MT), with 6.0 mm flat-faced bevelled edge multiple tip tools. The nominal tablet weight was kept constant at 125 mg. The manufacturing flow chart is exposed in Fig. 3.

### 2.4 Tablets characterization

In Table 3 is describes different characteristics on the final mini-tablet as prescribed in the European Pharmacopeia (Ph. Eur.) [19]. By performing these examinations, we will obtain valuable information on the most appropriate composition of the formulation and the procedure for obtaining it.

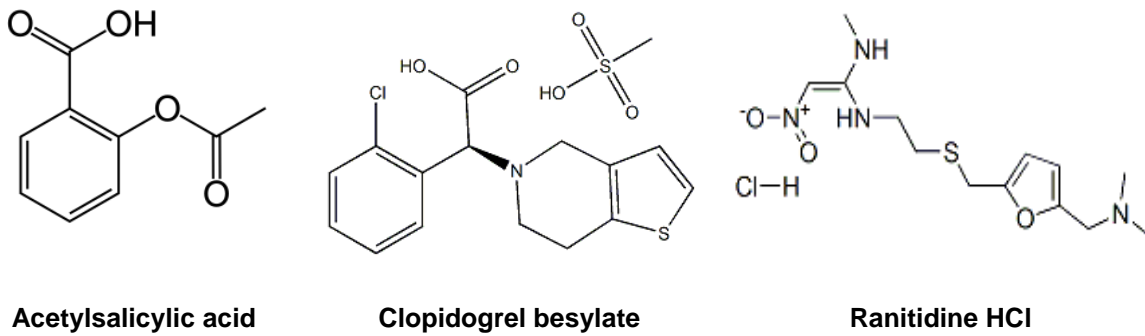
## 3. RESULTS AND DISCUSSION

### 3.1 Formulation

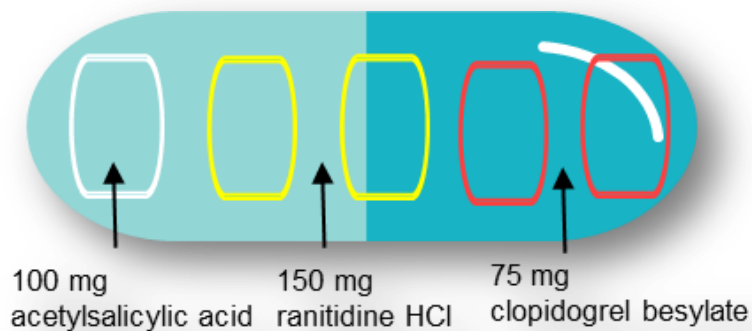
Tables 4-6 show the individual composition of each mini-tablet. Formulations were prepared individually by direct compression method having all cores the same weight. The final formulation consists of the grouping of mini-tablets of three drugs in a delayed-release hard capsule ("tablets-in-capsule"). To achieve this, the research has focused on choice of excipients used in each formulation and selection of the

manufacturing method. The manufacturing method was direct compression, due to the technological advantages it provides in terms of simplicity, reproducibility, and stability. In addition, as is known, it is an economical method

because it requires a smaller number of manufacturing steps. To simplify the formulation as much as possible, batches were made trying to use the least number of excipients possible and to obtain the best compressibility results.



**Fig. 1. Molecular structures of APIs**



**Fig. 2. Polypill**



**Fig. 3. Manufacturing process flow chart**

**Table 1. Hard capsule formulations containing small standard tablets**

<b>Parameter</b>	<b>Chromatographic conditions acetylsalicylic acid</b>	<b>Chromatographic conditions clopidogrel besylate</b>	<b>Chromatographic conditions ranitidine HCl</b>
Mobile phase	Ammonium acetate Merck (C <sub>2</sub> H <sub>7</sub> NO <sub>2</sub> ) 0.1M 60:40 ACN	Ammonium acetate Merck (C <sub>2</sub> H <sub>7</sub> NO <sub>2</sub> ) 0.1M 25:75 ACN	Ammonium acetate Merck (C <sub>2</sub> H <sub>7</sub> NO <sub>2</sub> ) 0.1M 60:40 ACN
Injection volume (µL)	10	20	10
Flow (mL/min)	1	1	1
Solvent programming	Isocratic	Isocratic	Isocratic
Chromatographic column	Kromasil 100 C18 5 µm 15 x 0.46	Kromasil 100 C18 5 µm 15 x 0.46	ACE EXCEL 5 µm
Chromatographic column temperature (°C)	20	20	20
Detector	Diode array detection (DAD)	Diode array detection (DAD)	Diode array detection (DAD)
Wavelength (λ) (nm)	275	225	325

**Table 2. Hard capsule formulations containing small standard tablets**

	API	Dose (mg)
Formulation	Acetylsalicylic acid	100
	Clopidogrel besylate	75
	Ranitidine HCl	150

**Table 3. Characterization of tablets**

Thickness and diameter	Ten tablets were used, and average values were calculated. The thickness of the final product was determined using a tablet testing instrument Pharmatest PTB 311 (Germany).
Weight variation	Twenty tablets were randomly selected from each batch and individually weighed using an electronic balance (balance Mettler Toledo AG 245, Switzerland). The average weight of all tablets and percentage deviation from the mean value for each tablet were determined.
Resistance to crushing	In the preformulation step, the resistance to crushing expressed as the force in Newton required crushing the tablets was evaluated (Ph. Eur. 2.9.8. Resistance to crushing of tablets). The resistance to crushing of the ten tablets were evaluated using a hardness tester Pharmatest PTB 311 (Germany).
Friability test	The tablets were accurately weighed and placed in the drum of the friabilometer (Pharmatest PTF E®, Germany). The drum was rotated 100 times at 25 rpm, and the tablets were removed, dedusted, and accurately weighed. If the tablets weigh up to 0.65 g, take 20 and if they weigh more, take 10 units. The percentages of friability were calculated. The loss of substance is expressed as a percentage and is considered satisfactory if it is not greater than 1%. For preformulation studies the limit is 0.8% (Ph. Eur. 2.9.7. Friability of uncoated tablets).
Disintegration studies	The disintegration time of the tablets was determined in 600 mL of deionized water at $37 \pm 0.5^\circ\text{C}$ , using a USP disintegration test apparatus Turu-Grau® (Spain) (Ph. Eur. 2.9.1. Disintegration of tablets and capsules).
Content uniformity	The test for uniformity of content of single-dose preparations is based on the assay of the individual contents of drugs of several single-dose units to determine whether the individual contents are within limits set with reference to the average content of the sample (Ph. Eur. 2.9.6. Uniformity of content of single-dose preparations). Using an analytical method proposed, the individual contents of 10 dosage units taken at random were determined.

### 3.2 Pharmaceutical Evaluation Results Parameters

The study determines different physical parameters including aspect, physical characteristics: dimensions and thickness, average mass, resistance to crushing, friability, disintegration time and content uniformity. In Table 7 is described the pharmaceutical technological characteristics of three mini-tablets obtained by direct compression, which must meet the requirements established according to Ph. Eur. [19] to ensure that the quality of the tablets is as expected.

Acetylsalicylic acid and clopidogrel besylate tablets had a white or off-white round tablets

visual appearance, and yellow round for ranitidine HCl tablets. All of them presented excellent pharmaceutical technological characteristics and satisfy with the specifications of Ph. Eur. [19]. The content uniformity test was developed to ensure the consistency of the content of active drug substances within a narrow range around the label claim in dosage units. This test is crucial for tablets that have a drug content of less than 2 mg or when the active ingredient comprises less than 2% of the total weight of the tablet.

Finally, the five mini-tablets weighing 125 mg each, white or yellow, flat, and with a diameter of 6 mm, are placed in a delayed-release capsule Fig. 4 shows the result of the encapsulation of formulation in gastro-resistant capsules (V caps

enteric®), showing the yellowish colour of ranitidine, inside a transparent hard gelatine capsule number 0E. The gastro-resistant capsules (V caps enteric®) used have complied

with the gastro-resistant test described in the literature. In this way, the coating process of a conventional hard capsule or one of the mini-tablets is avoided.

**Table 4. Composition of acetylsalicylic acid mini-tablets**

Raw material	mg/tablet
Acetylsalicylic acid	100.00
MCC (Vivapur® 101)	10.00
Hydroxypropyl cellulose (HPC SSL-SFP)	2.50
Pregelatinised starch (Starch 1500®)	6.30
L-HPC (LH-11)	2.50
Magnesium stearate (Ligamed® SA-1-V)	3.80
Total	125.00

**Table 5. Composition of clopidogrel besylate mini-tablet**

Row material	mg/tablet
Clopidogrel besylate	55.93
Mannitol (Pearlitol® 200SD)	50.52
MCC (Vivapur® 102)	12.50
Croscarmellose sodium (Vivasol®)	1.05
Talc	3.75
Glyceril behenate (Compritol® 888 ATO)	1.25
Total	125.00




**Table 6. Composition of ranitidine HCl mini-tablets**

Row material	mg/tablet
Ranitidine HCL	83.75
MCC (Vivapur® 12)	40.00
Magnesium stearate (Ligamed® MF-2-V)	1.25
Total	125.00



**Fig. 4. Capsule with mini-tablets of acetylsalicylic acid, clopidogrel besylate and ranitidine HCl**

**Table 7. Pharmaceutical technological characteristics of mini-tablets**

<b>Pharmaceutical characteristics</b>	<b>technological</b>	<b>Acetylsalicylic acid tablet 100 mg</b>	<b>Clopidogrel besylate tablet 75 mg</b>	<b>Ranitidine HCl tablet 150 mg</b>
Aspect		White or off-white round tablets 	White or off-white round tablets 	Yellow round tablets 
Dimension (mm)		6.0 ± 0.2	6.0 ± 0.2	6.0 ± 0.2
Thickness (mm)		3.5 ± 0.3	4.0 ± 0.3	3.5 ± 0.3
Average mass (mg)		125.0 ± 7.5% (11.6 – 134.4)	125.0 ± 7.5% (115.6 – 134.4)	125.0 ± 7.5% (115.6 – 134.4)
Resistance to crushing (N)		>30	>30	>30
Friability (%)		≤ 1.0%	≤ 1.0%	≤ 1.0%
Disintegration time		< 15 min	< 15 min	< 15 min



#### 4. CONCLUSIONS

The concept of a combination polypill composed of aspirin and, antihypertensives, has been suggested to simplify and improve the prevention and treatment of cardiovascular disease. The concept of combined mini-tablets made up of two platelet antiaggregant and an anti-ulcer drug, which combats the side effects of the former, has been proposed as an innovative formulation, which could lay the foundations for designing new drug combinations in the future. In this case, it could be with another anti-ulcer drug from the same group or with a proton pump inhibitor.

The development and manufacture of delayed-release hard capsules containing antiplatelet mini-tablets and a hydrochloric acid production inhibitor get adherence to treatment is increased because the concomitant administration of three active ingredients is unified in a single pharmaceutical form. The manufacture of said formulations is feasible at an industrial level since it is a simple, economical, and highly reproducible manufacturing process.

On the other hand, pharmaco-technical studies of the mini-tablets were carried out, the results of which demonstrated their quality. All tablets show resistance to crushing, disintegration, and friability features that strictly meet Pharmacopoeia requirements. So, on the basis of those results, we can conclude that the mini-tablets meet the quality parameter to satisfy therapeutic efficacy.

It is very important to point out that from the economic point of view, it is a very attractive presentation since the administration finances only one individual drug instead of three, and the pharmaceutical industry would reduce registration and production costs (manufacturing and conditioning costs that reduce the environmental pollution).

#### DISCLAIMER

The products used for this research are commonly and predominantly use products in our area of research and country. There is absolutely no conflict of interest between the authors and producers of the products because we do not intend to use these products as an avenue for any litigation but for the advancement of knowledge. Also, the research was not funded by the producing company rather it was funded by personal efforts of the authors.

#### CONSENT

All authors declare that 'written informed consent was obtained from the patient (or other approved parties) for publication of this case report and accompanying images. A copy of the written consent is available for review by the Editorial office/Chief Editor/Editorial Board members of this journal.

#### ETHICAL APPROVAL

It is not applicable.

#### COMPETING INTERESTS

Authors have declared that no competing interests exist.

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