

NUVANTA GREENCOSAMINE 750MG TABLET

Glucosamine Hydrochloride (750 mg)

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What *Nuvanta GreenCosamine Tablet* is used for:

Nuvanta GreenCosamine Tablet is used as adjuvant therapy to osteoarthritis (degenerative joint disease).

How *Nuvanta GreenCosamine Tablet* works:

Nuvanta GreenCosamine Tablet works by reducing joint inflammation and relieving associated pain. It contains glucosamine which is found naturally in the body used to strengthen the cartilage and reduce friction around the joints.

Before you use *Nuvanta GreenCosamine Tablet*

- When you must not use it
Do not use *Nuvanta GreenCosamine Tablet* if you are hypersensitive to glucosamine and other ingredients listed at the end of the leaflet.
- Before you start to use it
Inform your doctor if you have type 2 diabetes or glucose intolerance. Monitor your blood sugar carefully during the treatment.

Pregnancy and lactation: Avoid usage in pregnant women and nursing mothers.

Children: Glucosamine should not be used in children under 12 years of age unless recommended by a doctor/pharmacist.

- Taking other medicines

Tell your doctor if you are taking any other medicines, including NSAIDs such as ibuprofen (pain killer). Glucosamine may increase the anti-inflammatory activity of NSAIDs such as ibuprofen. You may need a lower dose of these medications.

How to use *Nuvanta GreenCosamine Tablet*

- How much to use it

Light to Moderate Symptoms:
1 tablet once daily, 15 minutes before a meal for at least 6 weeks.

Severe Symptoms
Initial therapy:
1 tablet twice daily, 15 minutes before meals during a period of at least 8 weeks.

Follow-up Therapy:
Take 1 tablet once daily, 15 minutes before a meal. Maintenance therapy should be followed for 3-4 months by taking of 1 tablet daily.

- When to use it

Use as directed by your doctor or pharmacist. Take 15 minutes before each meal.

- How long to use it

Use *Nuvanta GreenCosamine Tablet* for the duration as your doctor/pharmacist recommends.

Long-term Treatment:
The treatment should be repeated every other 6 months or less according to medical prescription.

- If you forget to use it

Take the missed dose as soon as you remember. If it is almost time for your

next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

- If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

While you are using it

- Things you must do

Take your medicine exactly as your doctor has told you.

Tell all the doctors, dentists and pharmacists treating you that you are taking *Nuvanta GreenCosamine Tablet*

Tell your doctor immediately if you become pregnant while taking this medication.

- Things you must not do

Do not stop taking the medicine unless advised by your doctor.

Do not take any new medicines without consulting your doctor or pharmacist.

Do not give *Nuvanta GreenCosamine Tablet* to anyone else, even if they have the same symptoms or condition as you.

- Things to be careful of

If you are diabetic, you should take glucosamine under medical supervision.

Side effects

Like all medicines, *Nuvanta GreenCosamine Tablet* can cause side effects, although not everybody gets them. Below is the list of side effects that might occurred in some people.

1. *Cardiovascular:*

Peripheral oedema, tachycardia were reported in a few patients

following larger clinical trials investigating oral administration in osteoarthritis. Causal relationship has not been established.

2. *Central nervous system:*

Drowsiness, headache, insomnia have been observed rarely during therapy (less than 1%).

3. *Gastrointestinal:*

Nausea, vomiting, diarrhea, dyspepsia or epigastric pain, constipation, heartburn and anorexia have been described rarely.

4. *Skin:*

Skin reactions such as redness and itching have been reported.

Visit your doctor or pharmacist immediately if you experience any side effects after taking this medicine.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website npra.gov.my [Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)]

Storage and Disposal of Nuvanta GreenCosamine Tablet

-Storage

Keep out of reach of children

Keep in tightly closed container, below 30°C. Protect from light and moisture.

- Disposal

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

Product Description

- What it looks like

White coloured, plain, oval shaped film coated tablet.

- Ingredients

Each tablet contains:

Glucosamine Hydrochloride 750 mg

Inactive ingredients are microcrystalline cellulose, pregelatinized starch, Opadry II Clear, colliodal silicon dioxide, magnesium stearate

- MAL Number

MAL10100036X

Manufacturer

Unison Nutraceuticals Sdn Bhd (298703-W)
No 13, Jalan Tasik Utama 52,
Kawasan Perindustrian Tasik Utama,
75450 Ayer Keroh, Melaka.

Product Registration Holder

Unison Nutraceuticals Sdn Bhd (298703-W)
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