# KORDEL'S GLUCOSAMINE 550 CAPSULE

Glucosamine sulfate (550mg)

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**What Kordel's Glucosamine Capsule is used for**

Kordel's Glucosamine Capsule is used as adjuvant therapy for osteoarthritis (degenerative joint disease characterized by joint pain and stiffness).

**How Kordel's Glucosamine Capsule works**

Kordel's Glucosamine Capsule helps to improve joint function, builds up the cartilage and also promotes the production of synovial fluid (the fluid confined within a joint space and acts as a lubricant).

**Before you use Kordel's Glucosamine Capsule**

- *When you must not use it*

Do not take Kordel's Glucosamine Capsule if you are hypersensitive to glucosamine or seafood.

Kordel's Glucosamine Capsule is derived from seafood.

- *Before you start to use it*

Tell your doctor or pharmacist before using glucosamine if you:

1) Are pregnant or plan to get pregnant.
2) Are breast-feeding or plan to start breast-feeding.
3) Have diabetes or any health problem.

- *Taking other medicines*

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.

Tell your doctor if you are taking anti - diabetic medications. You need to monitor your blood glucose levels regularly.

**How to use Kordel's Glucosamine Capsule**

- *How much to use*

Take 1 capsule 3 times daily.

- *When to use it*

Capsules should be taken 15 minutes before meal.

- *How long to use it*

Take Kordel's Glucosamine Capsule for as long as your doctor recommends. Pain relief can be seen only after about one week. Therefore, it may be necessary to take medication to relief pain during the first few days of therapy.

- *If you forget to use it*

Take the missed dose as soon as you remember it. However, if it is almost time for the next dose, skip the missed dose and continue with your regular dosing schedule. Do not take a double dose to make up for a missed one.

- *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 use 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 Kordel's Glucosamine Capsule**

- *Things you must do*

Follow the recommended dosage stated on the label of the bottle or as prescribed by the doctor or pharmacist.

- *Things you must not do*

Do not change the dosing regimen without instruction from your doctor or pharmacist.

Do not give Kordel's Glucosamine Capsule to anyone else, even if they have the same symptoms or condition as you.

- *Things to be careful of*

This medicine may affect your ability to drive or use machines. If the tablets make you feel sick, dizzy or tired, or give you a headache, do not drive or use machines and contact your doctor immediately.

**Side effects**

Cardiovascular: Swelling of lower legs or hands and rapid heartbeat were reported in a few people.

Central nervous system: Drowsiness, headache, inability to sleep have been observed rarely during therapy (less than 1%).

Gastrointestinal: Nausea, vomiting, diarrhea, indigestion, or upper abdominal pain, constipation, heartburn and loss of appetite have been described rarely.

Skin: Skin reactions such as skin redness and itchy skin have been reported.

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

**Storage and Disposal of Kordel's Glucosamine Capsule**

- *Storage*

Keep out of the reach and sight of children.

Store in a dry place below 30°C, away from direct sunlight.

- *Disposal*

Kordel's Glucosamine Capsule should be disposed when your doctor or pharmacist tells you to stop taking Kordel's Glucosamine Capsule or it has passed the expiry date. Ask your pharmacist how to dispose medicines that are no longer required.

**Product Description**

- *What it looks like*

White coloured powder in a colourless, hard gelatin capsule.

- *Ingredients*
  - Active ingredient
    Glucosamine sulfate potassium chloride

- Inactive ingredient
  Cellulose microcrystalline
  Magnesium stearate
  Silicon dioxide
  Gelatin
  Water
  Sodium lauryl sulfate

- *MAL number:*
  MAL06091431XC

**Manufacturer**
Vitaco Health (NZ) Ltd
Cnr Kordel Place & Accent Drive
East Tamaki, Auckland New Zealand

**Product Registration Holder**
Cambert (M) Sdn Bhd
8th Floor, Wisma Consplant 1,
No. 2, Jalan SS 16/4,
47500 Subang Jaya,
Selangor, Malaysia

**Date of revision**
03/06/2021

**Serial Number:**
NPRA(R4/1)020621/00032

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Glucosamine sulfate (550mg)

**Apakah yang ada pada risalah ini**

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3. Sebelum menggunakan Kordel's Glucosamine Capsule
4. Cara menggunakan Kordel's Glucosamine Capsule
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**Apakah kegunaan Kordel's Glucosamine Capsule**

Kordel's Glucosamine Capsule digunakan sebagai terapi tambahan untuk *osteoarthritis* (penyakit sendi degeneratif bercirikan sakit dan kekakuan sendi).

**Bagaimana Kordel's Glucosamine Capsule berfungsi**

Kordel's Glucosamine Capsule memperbaiki fungsi sendi, membina tulang rawan dan juga menggalakkan pembentukan cecair sinovial (cecair yang terdapat di antara sendi yang bertindak sebagai pelincir).

**Sebelum menggunakan Kordel's Glucosamine Capsule**

- *Bila tidak boleh menggunakan*

Jangan mengambil Kordel's Glucosamine Capsule jika anda hipersensitif pada glucosamine atau makanan laut.

Kordel's Glucosamine Capsule berasal dari makanan laut.

- *Sebelum menggunakan Kordel's Glucosamine Capsule*

Beritahu doktor atau ahli farmasi sebelum menggunakan glucosamine jika anda:

1) Mengandung atau merancang untuk mengandung
2) Menyusukan bayi atau merancang untuk mula menyusukan bayi
3) Menghidap kencing manis atau masalah kesihatan

- *Jika mengambil ubat-ubat lain*

Beritahu doktor jika anda mengambil sebarang ubat lain, termasuk ubat yang dibeli tanpa preskripsi dari farmasi, pasaraya, atau kedai makanan kesihatan. Beritahu doktor jika anda sedang mengambil ubat untuk merawat kencing manis. Anda perlu memantau paras gula dalam darah anda secara kerap.

**Cara menggunakan Kordel's Glucosamine Capsule**

- *Berapa banyak harus digunakan*

Ambil 1 kapsul 3 kali sehari.

- *Bila perlu digunakan*

Kapsul diambil 15 minit sebelum makan.

- *Berapa lama perlu digunakan*

Kordel's Glucosamine Capsule perlu diambil mengikut nasihat doktor. Kelegaan kesakitan hanya dapat dirasai setelah seminggu. Oleh itu, anda mungkin perlu mengambil ubat untuk meredakan kesakitan semasa memulakan rawatan.

- *Jika anda terlupa menggunakan*

Ambil dos yang tertinggal sebaik sahaja anda teringat. Sekiranya sudah hampir masa untuk dos seterusnya, abaikan dos yang tertinggal dan ambil dos seterusnya mengikut jadual. Jangan ambil dos berganda untuk menggantikan dos yang tertinggal.

- *Jika menggunakannya secara berlebihan (terlebih dos)*

Hubungi doktor anda dengan segera atau pergi ke Jabatan Kecemasan hospital terdekat, jika dos berlebihan telah digunakan. Ini perlu dilakukan walaupun tiada sebarang kesan keracunan atau rasa tidak selesa. Anda mungkin memerlukan perhatian perubatan segera.

**Semasa menggunakan Kordel's Glucosamine Capsule**

- *Perkara yang perlu dilakukan*

Patuhi cadangan dos yang tertulis pada label atau mengikut preskripsi doktor atau ahli farmasi.

- *Perkara yang tidak boleh dilakukan*

Jangan mengubah pengambilan dos tanpa arahan doktor atau ahli farmasi.

Jangan berikan Kordel's Glucosamine Capsule kepada orang lain walaupun mereka mempunyai simptom dan keadaan yang sama seperti anda.

- *Perkara yang perlu diberi perhatian*

Ubat ini mungkin mengganggu keupayaan anda untuk memandu atau mengendalikan jentera, Jika ubat ini menyebabkan anda terasa loya, pening, letih, atau sakit kepala, jangan memandu atau mengendalikan jentera dan hubungi doktor anda dengan segera.

**Kesan-kesan sampingan**

Kardiovaskular: Bengkak kaki atau tangan dan degupan jantung yang laju telah dilaporkan oleh beberapa orang.

Sistem saraf pusat: Mengantuk, sakit kepala, kesukaran untuk tidur boleh berlaku semasa rawatan tetapi jarang berlaku (kurang dari 1%).

Gastrousus: Mual, muntah, cirit-birit, ketidakhadaman, atau sakit perut bahagian atas abdomen, sembelit, pedih ulu hati dan kehilangan selera makan, juga ada dilaporkan tetapi jarang berlaku.

Kulit: Reaksi kulit seperti kemerahan kulit dan kulit gatal telah dilaporkan.

Anda boleh melaporkan sebarang kesan sampingan atau kesan advers ubat kepada Pusat Pemantauan Kesan Advers Ubat Kebangsaan melalui laman web http://npra.gov.my(*Consumer→Reportig Side Effects to Medicines (ConSERF) or Vaccines (AEFI)*).

**Cara penyimpanan dan pelupusan Kordel's Glucosamine Capsule**

- *Penyimpanan*

Jauhi daripada kanak-kanak. Simpan di tempat kering di bawah suhu 30° C, elakkan daripada cahaya matahari.

- *Pelupusan*

Lupuskan ubat ini apabila anda diarahkan untuk berhenti mengambil Kordel's Glucosamine Capsule oleh doktor atau ahli farmasi atau ubat ini

telah melepasi tarikh luput. Tanya ahli farmasi anda, cara pelupusan yang betul.

**Maklumat lanjut**

- *Rupa dan warna produk*
  Serbuk berwarna putih di dalam kapsul keras gelatin jernih.

- *Bahan-bahan kandungan*
  - Bahan-bahan aktif:
    Glucosamine sulfate potassium chloride

  - Bahan-bahan tidak aktif:
    Cellulose microcrystalline
    Magnesium stearate
    Silicon dioxide
    Gelatin
    Water
    Sodium lauryl sulfate

- *Nombor MAL*:
  MAL06091431XC

**Pengilang**
Vitaco Health (NZ) Ltd
Cnr Kordel Place & Accent Drive
East Tamaki, Auckland New Zealand

**Pemegang Pendaftaran Produk**
Cambert (M) Sdn Bhd
8th Floor, Wisma Consplant 1,
No. 2, Jalan SS 16/4,
47500 Subang Jaya,
Selangor, Malaysia

**Tarikh kemaskini RiMUP**
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