Kordel's Glucosamine Chondroitin 500/400 Capsule

Composition
Each capsule contains glucosamine sulphate potassium chloride complex equivalent to Glucosamine sulphate 500mg and Chondroitin sulphate 400mg.

Indication
As an adjunct therapy for osteoarthritis.

Pharmacology and mechanism of action
Osteoarthritis, or degenerative joint disease, is seen mainly, but not exclusively, in the elderly. This condition occurs when there is breakdown and damage of joint cartilage, followed by hardening and formation of bone spurs in the joint margins. Symptoms of osteoarthritis include joint pain and joint stiffness.

Glucosamine stimulates the biosynthesis of proteoglycans, which are fundamental components of aggrecan found in articular cartilage. Aggrecan confers on cartilage its high shock-absorbing properties and resilience vital for proper joint function. Glucosamine also inhibits enzymes involved in cartilage degradation. In addition, glucosamine improves synovial fluid production and viscosity, giving better lubricant activity for the joints.

Chondroitin sulphate, as a vital component of aggrecan, helps to maintain the structural integrity of cartilage tissue. Loss of chondroitin sulphate from the joint cartilage leads to loss of cartilage resilience and shock-absorbing properties. Orally administered chondroitin sulphate leads to increases in hyaluronic acid production and viscosity of synovial fluid. Chondroitin sulphate also inhibits enzymes involved in degradation of cartilage.

Combination therapy with glucosamine and chondroitin helps to protect joint cartilage from damage (chondroprotection), reduces joint pain and improves joint function and mobility.

Glucosamine/chondroitin combination is effective in all forms of degenerative joint diseases such as osteoarthritis and arthrosis, both acute and chronic, bringing relief or reduction of joint pains, improvement in joint function and inhibition or reversal of the degenerative disease process.

Pharmacokinetics
Following oral administration, glucosamine sulphate is well-absorbed from the gastrointestinal tract. The absolute bioavailability is 26% due to first-pass effect in the liver. Plasma levels of glucosamine reach a peak after 8-10 hours and then decline, exhibiting a half-life of 68 hours. About 10% is excreted in the urine, with about 11% found in the faeces.

After oral administration, chondroitin sulphate is absorbed from the gastrointestinal tract and is distributed into the joint space.

Dosage
Take one capsule three times daily, 15 minutes before meals.

Kordel's Glucosamine & Chondroitin treats the cause of osteoarthritis and pain relief can be seen only after about one week. Therefore, it may be necessary to take an analgesic or anti-inflammatory medication to relief pain during the first few days.

Warning
Derived from seafood.

Glucosamine may affect insulin sensitivity and glucose tolerance. Those with Type 2 diabetes and those who are overweight or having glucose tolerance problems should monitor their blood sugar levels regularly when taking any product containing glucosamine.

Keep out of reach of children.

Side effects
Some individuals may experience gastrointestinal discomforts such as constipation, diarrhoea, dyspepsia, nausea and vomiting which are often mild in nature and disappear on continuation of therapy.

Cardiovascular: Peripheral oedema, tachycardia have been reported in a few patients following larger clinical trials investigating oral administration of glucosamine in osteoarthritis. Causal relationship has not been established.

Central nervous system: Drowsiness, headache, insomnia have been observed rarely in individuals taking glucosamine products (less than 1%).

Gastrointestinal: Nausea, vomiting, diarrhoea, dyspepsia or epigastric pain, constipation, heartburn and anorexia have been described during oral therapy with glucosamine.

Skin: Skin reaction such as erythema and pruritus have been reported with therapeutic administration of glucosamine.

Pregnancy and lactation
As with all medicines, risk-benefit assessment should be considered in those who are pregnant or breast-feeding. If you are pregnant or breast-feeding, you should consult your health care professional before taking this product.

Interaction with other medications
Glucosamine may increase insulin resistance and consequently affect glucose tolerance.

Those who are on anti-diabetic medications (medicines to control blood sugar level) should take glucosamine products with caution. These patients should monitor their blood glucose levels regularly. Where necessary, they should seek advice of their doctor or healthcare professional to adjust the dose of their anti-diabetic medications accordingly. No other drug, nutritional supplement, food or herb interaction is known.

Pack size: 30, 50, 60, 75, 90 capsules per bottle.

Storage
Store in a dry place below 30°C.
Keep out of reach of children.
Jauhkan daripada kanak-kanak.

Shelf life
36 months

Manufactured by: Nutra-Life Health & Fitness (NZ) Ltd, Cnr Kordel Place and Accent Drive, East Tamaki, Auckland, New Zealand.

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