KORDEL'S GLUCOSAMINE PLUS CHONDROITIN 500/400 CAPSULE

Glucosamine sulfate / chondroitin sulfate (500mg/400mg)

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What Kordel's Glucosamine Plus Chondroitin Capsule is used for

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

How Kordel's Glucosamine Plus Chondroitin Capsule works

Kordel's Glucosamine Plus Chondroitin 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).

Both Glucosamine and Chondroitin work synergistically and helps to reduce joint pain, improve joint function & flexibility and to delay the joint degeneration.

Before you use Kordel's Glucosamine Plus Chondroitin Capsule

- *When you must not use it*
  Do not take Kordel's Glucosamine Plus Chondroitin Capsule if you are hypersensitive to glucosamine, chondroitin or shellfish.
  Kordel's Glucosamine Plus Chondroitin Capsule is derived from seafood.

- *Before you start to use it*
  Tell your doctor or pharmacist before using glucosamine and chondroitin 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 Plus Chondroitin Capsule

- *How much to use*
  Take 1 capsule three times daily.

- *When to use it*
  Capsules should be taken 15 minutes before meal.

- *How long to use it*
  Take Kordel's Glucosamine Plus Chondroitin 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 it

- *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 Plus Chondroitin 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 visiting the website npra.gov.my [Consumers→ Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)]

Storage and Disposal of Kordel's Glucosamine Plus Chondroitin 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 Plus Chondroitin Capsule should be disposed when your doctor or pharmacist tells you to stop taking Kordel's Glucosamine Plus Chondroitin 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*
  Off-white coloured powder in a clear hard capsule

- *Ingredients*
  - Active ingredients
    Glucosamine sulfate potassium chloride complex
    Chondroitin sulfate

  - Inactive ingredients
    Magnesium stearate.
    Gelatin
    Water-Purified
    Sodium Lauryl Sulfate
    Silicon dioxide

- *MAL number:*
  MAL08111816XC

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Vitaco Health (NZ) Ltd.
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Date of revision
03/06/2021

Serial Number:
NPRA(R4/1)020621/00031