

**OSTEOACTIV<sup>®</sup>**  
**Glucosamine 1000mg Powder****Active Ingredient:**

Each sachet contains -  
Crystalline Glucosamine Sulphate ..... 1256mg  
(equivalent to 1000mg of Glucosamine Sulphate)

**Presentation:**

Box of 3g x 30 sachets.

**Product Descriptions:**

White coloured fine powder with natural lemon flavour. Sugar Free.

**Pharmacology:**

Glucosamine is an amino monosaccharide found in chitin, glycoproteins and glycosaminoglycans such as hyaluronic acid and heparin sulfate. It stimulates the production of glycosaminoglycans and proteoglycans, two essential building blocks of cartilage. Glucosamine plays an important role in the production, maintenance, and repair of cartilage, the white, smooth, rubber-like padding that covers the ends of bones and prevents them from rubbing against each other painfully as we move. It has some innate anti-inflammatory properties, independent of prostaglandin synthesis. Glucosamine also helps to form ligaments, tendons, and nails. Osteoarthritis involves a progressive degeneration of cartilage glycosaminoglycans (GAGs). The theory behind taking Glucosamine, which are critical to the synthesis of GAGs, is that by flooding the system with them the production of these GAGs will be stimulated. As a result, there would be cartilage regeneration and joint repair.

About 90% of Glucosamine administered orally as a Glucosamine salt gets absorbed from the small intestine, and from there it is transported via the portal circulation to the liver. It appears that a significant fraction of the ingested Glucosamine is catabolized by first-pass metabolism in the liver. Following oral administration, Glucosamine Sulphate is rapidly desulfated and metabolized to smaller molecules and ultimately to carbon dioxide, water, and urea. Glucosamine is not protein-bound but rather incorporates into plasma proteins (primarily globulins). About 10% of the oral administered dose is excreted in the urine and approximately 11% is excreted in the feces as unabsorbed drug. Also, Glucosamine is partly eliminated as carbon dioxide in expired air via lung. Glucosamine incorporated into plasma proteins has an elimination half-life of around 68 hours after oral administration.

**Indications:**

As adjuvant therapy for osteoarthritis.

**Dosage and Administration:**

**Initial:** Take the content of 1 sachet (dissolved in water) once daily before food or as directed by healthcare professional. The initial therapy should be taken for at least 3 months before noticing improvement.

**Maintenance:** Take the content of 1 sachet (dissolved in water) once daily before food. Following the initial 3 months therapy, dose can be increased or decreased based on individual response.

It is important to continue taking the product for long-term maintenance of healthy joint and its flexibility.

**Symptoms and Treatments of Overdose:**

No cases of accidental overdose are known or have been reported.

**Contraindications:**

Not suitable for people with known hypersensitivity to Glucosamine. Contraindicated in patients allergic to shellfish.

**Precautions:**

Glucosamine Sulphate is a causal therapy and the therapeutic effect is only seen after 1 week. Therefore, it is advisable to include an anti-inflammatory drug (in case of severe pains) during the first few days of treatment with Glucosamine.

Caution should be taken for people with diabetes, impaired liver or kidney functions.

This product is derived from seafood.

**Use in Pregnancy and Lactation:**

During pregnancy and lactation, Glucosamine should not be taken unless advised by the doctor. Administration during the first trimester of pregnancy must be avoided.

**Interactions with Other Medicaments:**

The use of Glucosamine with oral hypoglycaemic agent (metformin, tolbutamide, rosiglitazone) may reduce oral hypoglycaemic agent effectiveness.

**Undesirable Effects:**

**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.

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

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

**Skin:** Skin reactions such as erythema and pruritus have been reported with therapeutic administration of Glucosamine.

**Storage:**

Store below 30°C. Protect from light, heat and moisture.

Keep out of reach of children.

Jauhkan daripada capaian kanak-kanak.

**Shelf Life:**

3 years from the date of manufacture.

Manufacturer and Product Registration Holder

**WINWA MEDICAL SDN. BHD.**

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Size: 75mm x 110mm

■ Dark Blue (Pantone 2767U)