

OSTEOACTIV Glucosamine 1000mg Powder

Glucosamine sulfate (1000mg)

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What OSTEOACTIV Glucosamine 1000mg Powder is used for

OSTEOACTIV Glucosamine 1000mg Powder is indicated as adjuvant therapy for osteoarthritis (loss of cartilage in joints).

How OSTEOACTIV Glucosamine 1000mg Powder works

Glucosamine plays an important role in the production, maintenance, and repair of cartilage that covers the ends of bones and prevents them from rubbing against each other as we move.

Before you use OSTEOACTIV Glucosamine 1000mg Powder

– When you must not take it

Do not take OSTEOACTIV Glucosamine 1000mg Powder if you are:

- hypersensitive to glucosamine or any other ingredients of this medicine (listed in Product Description).
- allergic to shellfish as the active ingredient is obtained from seafood (shellfish).

– Before you start to use it

Tell your doctor if you have:

- diabetes
- impaired liver or kidney functions

Glucosamine Sulphate effect is only seen after 1 week. You may have to use painkiller in case of severe pain during the first few days of treatment with Glucosamine. Consult your doctor or pharmacist before taking any medication.

Pregnancy and lactation

Please consult your doctor or pharmacist if you are pregnant, planning for pregnancy or breast-feeding before using any medicine. Do not take the medicine in the first three months of pregnancy.

– Taking other medicines

Tell your doctor if you are taking:

- Antidiabetic medicines (metformin, tolbutamide, rosiglitazone)

How to take OSTEOACTIV Glucosamine 1000mg Powder

– How much to take

Take the content of 1 sachet (dissolved in water).

– When to take it

Take once daily before meal or as directed by your doctor or pharmacist.

– How long to take it

The initial therapy should be taken for at least 3 months.

Following the initial 3 months therapy, your doctor will adjust the dose according to your response.

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

– If you forget to take it

Consult your doctor or pharmacist on what you should do 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 take 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 used 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 OSTEOACTIV Glucosamine 1000mg Powder

– Things you must do

Use your medicine exactly as your doctor has told you.

Tell all the doctors, dentists and pharmacists treating you that you are using OSTEOACTIV Glucosamine 1000mg Powder.

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

– Things you must not do

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

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

Do not give OSTEOACTIV Glucosamine 1000mg Powder to anyone else, even if they have the same symptoms or condition as you.

– Things to be careful of

Be careful driving or operating machinery until you know how OSTEOACTIV Glucosamine 1000mg Powder affects you.

Side Effects

The below side effects were reported:

- Swelling of lower legs or hands, rapid heartbeat
- Drowsiness, headache, difficulty in sleeping
- Nausea, vomiting, diarrhoea, indigestion or stomach ache, constipation, heartburn and eating disorder
- Skin redness and itching

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

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 OSTEOACTIV Glucosamine 1000mg Powder

– Storage

- Store below 30°C.
- Protect from light, heat and moisture.
- Keep out of reach of children.

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– *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 fine powder with natural lemon flavour. Sugar free.

– *Ingredients*

Active ingredient
Glucosamine sulfate 1000mg.

Inactive Ingredients

Isomalt, aspartame, citric acid, natural lemon juice powder.

– *MAL Number:*

MAL07125185X

Manufacturer and Product Registration Holder

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