

OSTEOACTIV PLUS CHONDROITIN CAPSULE

Glucosamine Sulphate / Chondroitin Sulfate (250mg / 200mg)

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What OSTEOACTIV plus Chondroitin Capsule is used for

OSTEOACTIV plus Chondroitin Capsule is used as additional treatment for Osteoarthritis, a medical condition where the cartilage that cushions the ends of bones in the joints deteriorate over time, eventually causing pain and affecting mobility.

How OSTEOACTIV plus Chondroitin Capsule works

OSTEOACTIV plus Chondroitin Capsule contains Glucosamine which forms cartilage tissue in the body and provides lubricant activity by increasing synovial fluid production (the fluid that surrounds joints). Chondroitin is an important structural component of cartilage and provides much of its resistance to compression.

Before you use OSTEOACTIV plus Chondroitin Capsule

- When you must not take it

- Do not take this product if you are allergic (hypersensitive) to Glucosamine, Chondroitin, or any other ingredient in this product.

This product should not be given to patients who are allergic to shellfish.

Do not take this product if you are in your first 3 months of pregnancy.

- Before you start to use it

Check with your doctor before using this product during pregnancy or breastfeeding.

- Taking other medicines

Glucosamine may reduce the effectiveness of diabetes medicines such as Metformin, Tolbutamide and Rosiglitazone.

No interactions between Chondroitin Sulphate and other medicine have been reported.

How to take OSTEOACTIV plus Chondroitin Capsule

- How much to take

Initial: Take 2 capsules 3 times daily.

Maintenance: Take 2 capsules twice daily.

- When to take it

May be taken before food.

- How long to take it

The initial therapy should be taken for at least 3 months (or as directed by healthcare professional) before noticing improvement.

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 joints and its flexibility.

- If you forget to take it

If you forget to take OSTEOACTIV plus Chondroitin Capsule, take it as soon as you remember. Never double up on the next dose to make up for the one missed.

- If you take too much (overdose)

If you take more than the recommended dose, speak to your doctor or pharmacist and take the product or this leaflet with you.

While you are using OSTEOACTIV plus Chondroitin Capsule

- Things you must do

In case of severe pain, it is advisable to take an anti-inflammatory drug during the first few days of treatment with Glucosamine.

- Things you must not do

Avoid using in children.

- Things to be careful of

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

Side Effects

The below side effects have been reported:

- Swelling of lower legs or hands, rapid heartbeat
- Drowsiness, headache, insomnia

- Nausea, vomiting, diarrhoea, indigestion or stomachache, constipation, heartburn and eating disorder
- Skin redness and itching

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website npra.gov.my [Consumers -> Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)]

Storage and Disposal of OSTEOACTIV plus Chondroitin Capsule

Storage

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

- Disposal

Do not take this after the expiry date. An expiry date is printed on the label and box of the medicine.

Product Description

- What it looks like

Clear transparent, vegetable-based capsule containing off-white coloured fine powder.

- Ingredients

- Active ingredients:

Each capsule contains Glucosamine Sulphate 250mg and Chondroitin Sulphate 200mg from bovine source.

- Inactive Ingredients

Microcrystalline Cellulose, Copovidone, Sodium Starch Glycolate, Precipitated Silicon Dioxide, Magnesium Stearate.

- MAL Number:

MAL08111842X

Manufacturer and Product Registration Holder

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